

OTTAWA

metro®

NEWS
WORTH
SHARING**Medical exam controversy**Student finds fault with mandatory medical exams for international grads **PAGE 4****Khadr unfairly classified?**Omar Khadr poses minimal threat, should be classified as such: Ombudsman **PAGE 10****INFUSED WITH BOLD MEDITERRANEAN FLAVOURS**A FISH DISH WITHOUT THE FANCY PREPARATION **PAGE 25**

Toronto Mayor Rob Ford speaks in Ottawa on Wednesday. Ford is telling Canada's big city mayors to choose sides in the next federal election or stop complaining about infrastructure funding issues.

SEAN KILPATRICK/THE CANADIAN PRESS



CELEBRATE THE SPRING LAUNCH AT JOE FRESH ST. LAURENT AND

SAVE \$10

WHEN YOU SPEND \$50 ON JOE FRESH APPAREL

Spend at least \$50 before applicable taxes on Joe Fresh® apparel (excludes sunglasses, jewellery, cosmetics, bath and beauty accessories, and gift cards) and get a \$10 Joe Fresh® gift card to be used towards your next purchase available at Joe Fresh® St. Laurent (1200 St. Laurent Boulevard Unit 209, Ottawa, ON), Real Canadian Superstore®, and participating Loblaws®, Zehrs®, Your Independent Grocer®, and Fortinos® stores. Limit one coupon per family and/or customer account. No cash value. No copies. Coupon not applicable or redeemable online at joefresh.ca. Coupon must be presented to the cashier at time of purchase. Coupon valid from Friday, February 28, 2014 to closing Friday, March 21, 2014. Cannot be combined with any other coupons or promotional offers. ©/TM Loblaws Inc.

**JOE FRESH**

JOEFRESH.COM

504145



porter
flying refined

Up to 60% off base fares only lasts until tomorrow because huge savings go fast.

You've only got until tomorrow to book a mountain of savings, with up to 60% off our base fares. Book by the end of day Friday at flyporter.com

up to

60%

OFF BASE FARES



flyporter.com

HALIFAX • MONCTON • MONT TREMBLANT • MONTRÉAL • OTTAWA • QUÉBEC CITY • SAULT STE. MARIE • ST. JOHN'S • SUDBURY
THUNDER BAY • TIMMINS • TORONTO • WINDSOR • BOSTON • VERMONT • CHICAGO • MYRTLE BEACH • NEW YORK • WASHINGTON

Book by 11:59 pm Eastern Time February 28, 2014. Travel by June 27, 2014. Up to 21-day advance purchase may be required. Fares may not be available April 18-21, May 16-19, 2014. Discount applies only to the regular base fare and does not apply to fees, taxes or surcharges. Lowest fares are available on Tuesday and Wednesday departures. Fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as \$150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to \$200 per person per direction, plus any fare differential. Other significant conditions (including a \$25 first-checked bag and \$35 second-checked bag fee to and from the U.S., a \$20 second-checked bag fee for flights in Canada, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

Cold shoulder

Quebec mayors trash Rob Ford

It was a mayoral meeting — not the Rob Ford Show.

That was Montreal Mayor Denis Coderre's view of the Big City Mayors' Caucus on Wednesday.

"He's got the right to be there, but I don't care about him," he said.

"It's a caucus, not a circus.... We didn't talk to him. I didn't shake his hand. I didn't look at him."

"I don't want to say to my people and my kids that I'm working with a guy that is ... smoking crack," said Quebec City Mayor Regis Labeaume.

LUCY SCHOLEY/METRO



Montreal Mayor Denis Coderre, flanked by Quebec City's Regis Labeaume, left, and Maxime Pedneaud-Jobin of Gatineau.

LUCY SCHOLEY/METRO

Rapibus

Gatineau cries out for transit funding

A unified mayoral push for more federal transportation funding could be good news for Gatineau, according to its mayor.

Maxime Pedneaud-Jobin, who attended the Big City Mayors' Caucus in Ottawa on Wednesday, said it could pave the way to a better STO Rapibus.

"It must work," he said.

The service saw six accidents in the first month and has received many complaints about long waits.

LUCY SCHOLEY/METRO

Big City Mayors' Caucus. Business gets done despite presence of one infamous guest

 LUCY SCHOLEY
lucy.scholey@metronews.ca

Toronto Mayor Rob Ford's special press conference — and general presence — was no distraction from the meeting of Canada's mayoral minds in Ottawa on Wednesday, according to the caucus chair.

Gregor Robertson, Vancouver mayor and chair of the Big

City Mayors' Caucus (BCMC), said the meeting still focused on the big issues, which were social housing and transportation.

"The pressure on the housing front is very, very dire, and losing the dollars out of affordable housing is the top concern for our mayors right now," he said. "I would say transit comes in a close second and the need to deal with traffic gridlock, which is crippling cities across Canada."

The last federal budget was a "big disappointment" when it came down to housing and transportation funds, he said. However, he noted the mayors are not asking for

Representing
65%

The BCMC represents 22 of the country's largest municipalities, which is 65 per cent of the country's population.

more money for social housing but for the feds to protect the \$1.7 billion currently set aside for it. One-third of municipal roads need "significant" repairs, he said.

The mayors should have been consulted before Canada Post pledged to cut door-to-door delivery for five million addresses, he also noted.

While funding for waste-

water system upgrades was not the top priority at this mayoral meeting, Mayor Jim Watson said the \$195-million Ottawa River Action Plan to clean up the raw sewage-ridden waterway is still the city's top priority. Ottawa is working on an application to tap into the new \$14-billion Building Canada Fund for infrastructure funding.

The mayors may have had a clear message, but Ford was the clear media focus.

He made himself especially available for questions before the meeting.

"Mr. Ford was entitled to have his own press conference, and we helped facilitate it," Watson said.



Mayor Jim Watson addresses reporters at the Big City Mayors' Caucus in the capital on Wednesday. Also pictured are caucus chair Gregor Robertson, left, and Federation of Canadian Municipalities President Claude Dauphin. LUCY SCHOLEY/METRO

Social housing, transit in 'dire' state: Mayors

1
IN
SWEAT



The heart of Ottawa since 1826

More than 500 unique shopping, dining, and entertainment experiences are waiting for you.
Over 3,100 parking spaces throughout the ByWard Market.

Shop Taste Live
Experience the ByWard Difference
www.bward-market.com



twitter.com/ByWardMarketBIA



facebook.com/TheByWardMarket



Suburbia. Ottawa green-lights wider driveways

Ottawa city council approved bylaw changes Wednesday to allow wider driveways in suburbs outside the greenbelt to accommodate multi-car families, ease on-street congestion and clarify rules to head off conflicts.

The new rules allow driveways half as wide as the frontage of the property, but require the entrance onto the street to remain the same size. The changes passed in a 14-7 vote, after being deferred at the last council meeting, and some suburban councillors wondered why they were controversial at all.

"I'm actually surprised that so much thought and effort and angst has had to go into this. This really is a uniquely suburban issue," said Barrhaven Coun. Jan Harder. "We're not changing, we're just defining."

Harder noted that citywide bylaw changes in 2008 prevent

people in suburbs like Nepean and Orleans from doing the same things their neighbours did before amalgamation.

"This is about allowing people to enjoy their own properties in a liveable fashion to the best they can," she said.

Innes Coun. Rainer Bloess, who voted against the motion, worried about the effect more paved surfaces could have on water drainage.

"We're having some issues with storm water runoff as it is and the more hard surfaces or impervious surfaces that we're building, the greater the runoff probably is," he said.

Rideau-Vanier's Mathieu Fleury also opposed the changes on a number of grounds: "It's drainage, it's soft landscaping, it's the ability for a tree and the tree canopy to grow, but it's also the visual impact," he said.

STEVE COLLINS/FOR METRO

Safety. Ottawa buses forced to stop could have 'negative impact'

Ottawa city councillor for Orleans Bob Monette asked city staff Wednesday to examine the cost and effect on schedules of requiring buses to stop at all level train crossings.

"If it's referred back to the transit committee, that's fine with me, but I'd like to have a full, detailed analysis as to why we're not stopping," he said.

But transit commission chair Diane Deans said the issue's already being studied.

"We do not have any evidence currently that suggests that it would be safer for our buses to stop at level crossings.



Coun. Bob Monette METRO
STEVE COLLINS/FOR METRO

In fact there may be a net negative impact," she said.

STEVE COLLINS/FOR METRO

UNLIMITED DATA, TALK & TEXT ACROSS THE USA.

The first Canadian carrier to offer unlimited data, talk & text across the USA. Find out more at windmobile.ca



WIND
true mobile freedom

Ontario to test international medical graduates

Mandatory exam.
But Ottawa student says it discriminates



LUCY SCHOLEY
lucy.scholey@metronews.ca

When Omar Abdulrahman finishes his medical degree in Poland, he hopes to return to Ottawa to be a doctor.

But he said those dreams could become more distant when Ontario introduces a mandatory exam for international medical-school graduates wanting to land residency spots in the province.

The National Assessment Collaboration (NAC) is a standardized test that gauges whether international medical school graduates are eligible for a residency in Canada. It's offered countrywide, but will become mandatory for residency programs in Ontario's six medical schools starting this fall.

Some say the test puts all international medical graduates on the same residency playing field. But others disagree.

"It really exasperates the process for us in applying for residencies," said Abdulrahman, a first-year medical student at Pomeranian Medical University and president

Competitive
200

The number of designated residency spots for international graduates in Ontario in 2011.

of the Canadian Medical Students in Poland Association (CMSPA). "We don't have as many spots as Canadian medical graduates do, so introducing this additional exam just makes things worse for us."

According to the Canadian Resident Matching Service, a not-for-profit organization that matches students with postgraduate medical training, there are about 3,500 Canadian students studying medicine abroad. More than 90 per cent of those students hope to return home to practice.

But it's not that easy. In 2011, there were only 200 designated residency spots for international graduates in Ontario.

Abdulrahman said the extra testing discriminates against students like him and creates another hoop to jump through.

But Dr. Ian Bowmer, the executive director of the Medical Council of Canada, which administers the NAC, said the exam actually "removes some of that potential prejudice."



Omar Abdulrahman, a first-year medical student in Poland, said he wants to return home to Ottawa to be a doctor, but a new mandatory test for international medical graduates will make his dream more difficult.

CONTRIBUTED

"The schools around the world, we don't know what their curriculum are, what they teach and so on," he said. "The people who look at these students have no way of determining who is good and who is bad. They use Canadian examinations to assess the students before they apply."

Abdulrahman said he's working on bringing more exposure to the issue.

MID WINTER CLEARANCE EVENT

SKI JACKETS & PANTS

MEN'S WOMEN'S & CHILDREN'S

By Spyder, Goldwin, Descente, Karbon, Helly Hansen, Salomon, Jupa, Rossignol, Obermeyer, Sunice & more.

UP TO **40%**
OFF*

*Discount taken off original price. Selected Styles. Excluding Canada Goose.

SNOWBOARD JACKETS & PANTS

MEN'S WOMEN'S & CHILDREN'S

By Burton, 686, Armada, Volcom, Oakley & more.

UP TO **50%**
OFF*

*Discount taken off original price. Selected styles.

ALL SKIS

By Salomon, Volkl, Dynastar, Rossignol, Head, Nordica & Blizzard.

20-50% OFF*



ALL SKI BOOTS

By Rossignol, Atomic, Salomon, Head, Lange, and Nordica.

20-50% OFF*



ALL SNOWBOARDS

By Burton, Ride, Gnu, and Libtech.

20% OFF*

ALL SNOWBOARD BOOTS & BINDINGS

20-50% OFF*

*While quantities last. Discount taken off original price. Prices as marked.



A COMPANY

464 BANK STREET STORE

Phone: (613) 236-9731 | Toll Free: 1 (888) 888-7547

HOURS: Mon-Fri 9:30 AM - 9:00 PM, Sat 9:00 AM - 6:00 PM

Sun 10:00 AM - 5:00 PM

Shop
T A N D L . C O M

High-tech locks? Yep. HD cameras? Yep. Digitized storage? Yep – Sold!

Ending the storage wars

Ottawa company attempts to civilize industry's reputation with new endeavour



STEVE COLLINS

ottawa@metronews.ca

Dymon Storage has already done their best to change the dingy Storage Wars image of their industry with their huge, clean, well-lit indoor facilities. On Wednesday, they introduced their latest offering, a secure document storage service for businesses.

Mike Marks, Dymon's director of sales and marketing, showed off the new facilities, taking guests down the bright hallways of storage units.

"These are seven-pin bezel locks," he said, pointing to one. "You can't pick these, so



Mike Marks, Dymon's director of sales and marketing, gives a tour of the new DymonDoc facilities. STEVE COLLINS/METRO

if we have customers that lose their keys, we drill them out, and it's a process. So we make sure there's backup keys. We even provide a safety deposit

box upstairs with biometrics so that if you happen to lose one of your main keys, there's a backup there as well."

Security, he added, is

bolstered with HD cameras everywhere, and inside the storage lockers, the shelves are labelled with QR codes to allow quick document search-

es with your smartphone.

"It's one thing to have them all nice and neat on a shelf," said Matt Emonts, head of the DymonDoc divi-

Growing business

"We're building another 12 here, and we're building 70 in Toronto in the next three years. So we've got our work cut out for us."

Mike Marks, Dymon's director of sales and marketing, on the company's expansion.

sion. "It's another thing to come in here and go, 'great, where's my file?'"

Once you've found your documents, a fully-equipped business centre is standing by so you can work on them — fax, scan or email.

What's next for Dymon?

"There are seven facilities here in Ottawa," Marks said. "We're building another 12 here, and we're building 70 in Toronto in the next three years. So we've got our work cut out for us."



SPRING
DESIGNER CLOTHING SALE

FEB 27 - MAR 2 2014 4 DAY SALE
OPEN TO THE PUBLIC

40% - 80% OFF

WOMENS & MENS COLLECTION . FULL SIZE RANGE
DENIM, COATS, JACKETS, HAND BAGS, SHOES, SWEATERS AND MORE

THURSDAY FEB 27 (11AM - MIDNIGHT)
FRIDAY FEB 28 (11AM - 10PM)
SATURDAY MAR 1 (11AM - 10PM)
SUNDAY MAR 2 (11AM - 6PM)

Escapade drops DJ lineup



Zomboy has been announced as one of the main DJs at the Escapade Music Festival. CONTRIBUTED

The phase one lineup for the Escapade Music Festival has been announced and organizers of Ottawa's electronic dance music festival wasted no time in showing off their big guns.

London-based trance selector Ben Gold will headline one of the slots alongside the Australian sister duo of Mim and Liv Nervo of NERVO. Other DJs include renowned UK progressive house DJ Mark Knight, Dutch DJ and producer Chuck-

ie, American house DJ Alvin Risk and British electronic artist Zomboy, among others.

Organizers have yet to announce who plays on what day for the June 28-29 festival at Wesley Clover Park, but more artist announcements and festival details should be announced soon.

Swedish electro house giants Dada Life will also headline the Escapade Does O'Canada party on July 1.

TREVOR GREENWAY/METRO

Dancers Give Back to sick kids

Over 150 youth dancers and professionals will perform at the Algonquin Commons Theatre Friday to raise money for children with cancer.

Ali Dietz founded the movement Dancers Give Back (DGB) in Buffalo in 2008 for her friend Jacquie Hirsch who had been diagnosed with cancer.

Although Hirsch did not survive, DGB continues to raise funds every year and the movement has spread to Ottawa. Jessica Shaw, organizer for the DGB in Ottawa, says that DGB "encourages kids to create social change through dance."

Tickets are \$25 and the show will take place at the Al-



150 Dancers with Dancers Give Back are heading to Ottawa for a fundraising show Friday. CONTRIBUTED

gonquin Commons Theatre at 7:30 pm.

Proceeds will go towards

Candlelighters, a charity program for childhood cancer support. TANYA KIRNISHNI/FOR METRO

THESAMPLESALEGUYS.COM OR 613.366.2272

10% OFF WITH THIS AD*

*CASH ONLY . SOME RESTRICTIONS APPLY



CASH



THE
Upper Room
home furnishings



Sofa
Ret. \$1609 | NOW \$899



4pc. Queen Bedroom
Bed/Nightstand/Dresser/Mirror Ret. \$5160 | NOW \$2699

FINANCING EVENT

24 MONTHS
EQUAL PAYMENTS
NO INTEREST*

*\$299 Finance fee applies to 24 Month,
equal payment plan through Citi Financial. OAC.

2670 Queensview Drive | UpperRoomHome.ca

TODAY ONLY!

THURSDAY, FEBRUARY 27, 2014



**new SPRING STYLES
are HERE!**

SAVE 30%

ON ALL* regular priced men's, women's and select kids' fashions, footwear, handbags, accessories, jewellery and bed & bath fashions with your Sears Financial™ Credit Card†

OR
SAVE 20% with other forms of payment

Sears®
make every day a great day.

*This savings offer excludes items with prices ending in .97, Canada's Best, cosmetics and fragrances, watches, Nygard SLIM, women's 49.99 Levi's® jeans and special occasion dresses. †On approved credit.
NE024G114 © Sears Canada Inc., 2014. All rights reserved.

Convict portrays life on the inside

Songs from the Slammer. Author's book is a collection of poems and artwork that looks at life from an inmate's perspective

TANYA KIRNISHNI
ottawa@metronews.ca

Self-published through Ankle Bone Books, Jeannette Tossounian's book Songs from the Slammer is a collection of poems and artwork that looks at life from an inmate's perspective.

Tossounian wrote the book while incarcerated at the Vanier Centre for Women in Milton.

"It brings you into the cell," she says about her poetry. Her drawings present ordinary objects from within jail. "I drew a picture of an apple and called it 'jail commodity,'" she says, in regards to trading goods on the inside of prison walls.

Within the next year Tossounian hopes to release a series of essays addressing the human rights issues and conditions inside the country's prisons. One of her essays, Easy Targets, talks about the difficulties of being on parole.

"The police are just waiting for people to screw up because they're already in the system," she says.

Upon release, Tossounian



One of Jeannette Tossounian's sketches from her book, Songs from the Slammer. JEANNETTE TOSSOUNIAN

Quoted

"It brings you into the cell."

Jeannette Tossounian, on the content of her book Songs from the Slammer, which she wrote while incarcerated at Vanier Centre for Women in Milton.

began work with the Criminalization and Punishment Education Project (CPEP), a collaborative effort between Carleton University and the University of Ottawa to im-

prove standards for inmates.

"There are lots of people just waiting in jail and most people shouldn't even be in there," she adds. Tossounian argues that there should be more focus on rehabilitation.

"People come out worse and have no idea what to do with their lives," she says.

Tossounian's book is available online for \$22 at cp-ep.org. She will also be speaking at the public forum Beyond the Walls: Community-based Punishments on March 5 at 7 p.m. at the University of Ottawa.

Black History Month Gala to honour Nelson Mandela

The question at the heart of this year's Black History Month Gala is, "Will you accept the torch?"

The theme looks to the future and pays tribute to the late Nelson Mandela, according to Ms. Gwen Madiba, co-president of the Gala committee. Organized by the Student Federation at the University of Ottawa, the gala will take place Friday at 7 p.m. at the Huguette Labelle Ballroom.

The purpose of the event "is to bring people together, but also to remember," Madiba said. Twelve awards will be given out to elders and youth in recognition of greatness achieved in

their respective fields. Among the recipients is Traci Melchor, reporter for CTV's ETalk and co-host of The Social.

Angie Sakla-Seymour and Lou Seymour will be celebrated for promoting diversity and equality through their model and talent agency. Social activist Eddie Ndopu and junior tennis player Françoise Abanda will be some of the younger people recognized at the Gala.

Zoleka Mandela was nominated to receive an award for her work in fighting for the rights of women in South Africa. Although she is unable to attend, the Mandela family will be represented by Mr. Zondwa

Mandela and his wife Lindo Zici.
TANYA KIRNISHNI/FOR METRO

Correction

Incorrect information appeared in the Feb. 24 edition of Metro in the story, Ottawa Senators pumped \$3 billion into city's economy: Study. The story referred to Senators' president Cyril Leeder as the owner of the team. Eugene Melnyk is the owner, while Leeder is the president of the team.



RBC Royal Bank

Turn once a week into once in a lifetime.

adds up to
\$16,856*
in 10 years

\$9,091*

6 years

\$4,206*

3 years

Investing
\$25
a week

Explore life after kids. Start investing \$25 a week, today.

Whether your goal is a trip to Mount Fuji, transforming your bathroom into a spa, or restoring a classic car, investing each week can help you get there.

Start today. Visit a branch or
rbc.com/blossom or call 1-866-783-5995.

Advice you can bank on®



Financial planning services and investment advice are provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. * The example assumes a 5% annual rate of return in a Tax-Free Savings Account. Example is strictly for illustrative purposes only and not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. ® /TM Trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Used under licence. © 2014 Royal Bank of Canada. All rights reserved.



Bieber exchanges swagger for stagger in latest video

In this Jan. 23 video frame grab released by the Miami Beach Police Department, singer Justin Bieber is shown walking unsteadily during a sobriety test at a police station in Miami Beach, Fla. The Miami-Dade county prosecutors released about 10 hours of video Wednesday. MIAMI BEACH POLICE DEPT./THE ASSOCIATED PRESS

Omar Khadr a minimal threat, says ombudsman

Classification. Prison authorities urged to take into account evidence that Canadian former Guantanamo detainee has no more terrorist ties

Canadian correctional authorities have unfairly classified former Guantanamo detainee

Omar Khadr even though they lowered his risk rating from maximum to medium security, the federal prisons ombudsman complains.

In a letter obtained by The Canadian Press, the Office of the Correctional Investigator urges prison authorities to take into account evidence that Khadr poses minimal threat and should be classified as such.

"(Correctional Service of

Canada) officials also note that there is no evidence Mr. Khadr has maintained an association with any terrorist organization," the letter to CSC's senior deputy commissioner states.

The letter this month by Ivan Zinger, executive director of the independent Office of the Correctional Investigator, is the office's third such complaint since Khadr returned to Canada in 2012 to serve out the rest of an eight-year sentence

for war crimes.

Corrections recently reclassified Khadr, 27, and transferred him from the maximum-security Edmonton Institution to the medium-security Bowden Institution in Innisfail, Alta.

But the ombudsman argues that doesn't go far enough, given that Khadr pleaded guilty in October 2010 to crimes he committed in Afghanistan as a 15-year-old. THE CANADIAN PRESS

Controversial anti-gay bill vetoed

Arizona Gov. Jan Brewer has vetoed a bill that set off a national debate over gay rights, religion and discrimination.

She announced the veto Wednesday after holding private meetings with opponents and proponents.

The bill backed by Republicans in the state Legislature

was designed to give added protection from lawsuits to people who assert their religious beliefs in refusing service to gays.

Opponents called it an open attack on gays that invited discrimination.

The bill thrust Arizona into the national spotlight

last week after both chambers of the Legislature approved it.

The state faced blistering criticism from major corporations and political leaders from both major parties.

The bill allowed any business, church or person to cite the law as a defence in any

action brought by the government or individual claiming discrimination. Supporters call the bill a slight tweak to the state's existing religious freedom law. Arizona does not extend civil-rights protections to people based on sexual orientation.

THE ASSOCIATED PRESS

AN INSIDE LOOK AT CANADA'S ROAD TO GOLD



NHL REVEALED™

A SEASON LIKE NO OTHER™



A 2-HOUR
SPECIAL

TONIGHT at 8



FUELLED BY GATORADE®

cbsports.ca/nhlrevealed | #NHLRevealed



HYUNDAI™



CELEBRATE CANADA'S BEST LEASE RATES

ON SELECT MODELS

THIS CELEBRATION WON'T LAST LONG



GLS model shown♦

HWY: 5.3L/100 KM
CITY: 7.5L/100 KM

2014

ACCENT
4-DR L

5 YEAR^{††}
WARRANTY

LEASE FOR ONLY

\$75

BI-WEEKLY

AT
0%[†]

FOR 60 MONTHS
WITH \$0 DOWN

CANADA'S BEST LEASE RATE

LEASE FOR ONLY
\$85
BI-WEEKLY
FOR 60 MONTHS
WITH \$0 DOWN

AT
0%[†]
FOR 60 MONTHS
WITH \$0 DOWN

2014
ELANTRA L

5 YEAR^{††}
WARRANTY

HWY: 5.3L/100 KM
CITY: 7.6L/100 KM



Limited model shown♦

CANADA'S BEST LEASE RATE

OR 0%* PURCHASE
FINANCING FOR **60 MONTHS** ON SELECT MODELS



Limited model shown♦

HWY: 7.3L/100 KM
CITY: 10.2L/100 KM

2014

SANTA FE
SPORT

5 YEAR^{††}
WARRANTY

0%*

FINANCING
FOR 60 MONTHS



HYUNDAI
HyundaiCanada.com

NEW THINKING,
NEW POSSIBILITIES.™

**5 YEAR
WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty^{††}
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

*The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. [†]Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2014 Accent 4-Door L 6-Speed Manual/ 2014 Elantra L 6-Speed Manual with an annual lease rate of 0%. Bi-weekly lease payment of \$75/\$85 for a 60 month walk-away lease. Down Payment of \$0 and first monthly payment required. Total lease obligation is \$9,750/\$11,050. Lease offers include \$600/\$1,050 in Price Adjustments, Delivery and Destination of \$1,550/\$1,550, fees, levies, and all applicable charges (excluding HST). Lease offers exclude registration, insurance, PPSA and license fees. Lease a new 2014 Accent 4-Door L 6-Speed Manual / 2014 Elantra L 6-Speed Manual and you'll be entitled to a \$600/\$1,050 Price Adjustment. Price Adjustment applies before taxes. Offer cannot be combined or used in conjunction with any other available credits or promotion other than the Hyundai Financial Service's promotional lease offer. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. \$0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of \$0.12/km on all models except Genesis Sedan and Equus where additional charge is \$0.25/km. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. *Finance offer available O.A.C. from Hyundai Financial Services based on a new 2014 Santa Fe 2.4L FWD with an annual finance rate of 0% for 60 months. Finance offer includes Delivery and Destination of \$1,760, fees, levies, and all applicable charges (excluding HST). Finance offer excludes registration, insurance, PPSA and license fees. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2014 Santa Fe 2.4L FWD for \$28,495 at 0% per annum equals \$219 bi-weekly for 60 months for a total obligation of \$28,495. \$0 down payment required. Cash price is \$28,495. Cost of Borrowing is \$0. Example price includes Delivery and Destination of \$1,760, fees, levies, and all applicable charges (excluding HST). Finance example excludes registration, insurance, PPSA and license fees. ♦Price of models shown: 2014 Accent 4-Door GLS/ 2014 Elantra Limited/ 2014 Santa Fe 2.0T Limited AWD are \$20,385/\$25,335/\$40,795. Prices include Delivery and Destination charges of \$1,550/\$1,550/\$1,760 fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. ▲Fuel consumption for new 2014 Accent 4-Door L (HWY 5.3L/100KM; City 7.5L/100KM); 2014 Elantra L (HWY 5.3L/100KM; City 7.6L/100KM), are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ♦†* Offers available for a limited time, and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundai.ca or see dealer for complete details. ^{††}Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Visit your local Ottawa area Hyundai Dealer

Hyundai Pembroke
1946 Petawawa Blvd.
Pembroke, 613-735-6636

Myers Kanata Hyundai
400-2600 Palladium Dr.
Kanata, On 613-682-8883

Myers Hyundai
164 Robertson Rd.
Ottawa, 613-721-4567

Hyundai on Hunt Club
390 Hunt Club Road West
Ottawa, 613-688-3600

Bank Street Hyundai
2788 Bank St.
Ottawa, 613-739-7830

Pathway Hyundai
1376 Youville Dr.
Orleans, 613-837-4222

Harmony Hyundai
293 Pigeon St.
Rockland, 613-448-2220

Surgeon Hyundai
895 St. Laurent Blvd.
Ottawa, 613-741-1800

Man gets life for killing soldier

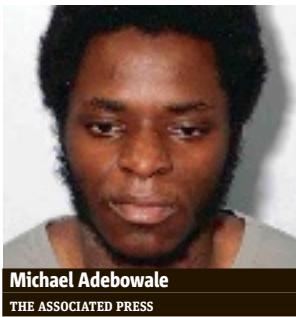
An al-Qaida-inspired extremist was sentenced to life without parole Wednesday for hacking a British soldier to death on a London street. Images of Michael Adebolajo, 29, holding a butcher knife and cleaver with bloodied hands in the moments after the May 22 killing of Lee Rigby sparked fears of Islamist terrorism in Britain. The self-described "soldier of Allah" was sentenced at Cen-

tral Criminal Court along with his accomplice, 22-year-old Michael Adebowale, who received a minimum 45-year sentence. The day ended in drama when both men were pinned to the ground and led out of the courtroom after scuffling with guards and shouting "Allah Akbar" — "God is great" — at the judge moments before their sentences were read out.

THE ASSOCIATED PRESS



Michael Adebolajo
THE ASSOCIATED PRESS



Michael Adebowale
THE ASSOCIATED PRESS

Protest leaders pick lawmaker as new PM

Coffers to fill. The new leader will be walking into a country rife with financial problems

Leaders of Ukraine's protest movement on Wednesday proposed a top legislator as the country's next prime minister, while Russian President Vladimir Putin ordered major military exercises just across the border in a show of force and apparent displeasure over the country's new direction.

The new government, which is expected to be formally approved by parliament Thursday, will face the hugely complicated task of restoring stability in a country that is deeply divided politically and on the verge of financial collapse. The country's pro-Russian president, Viktor Yanukovich, fled the capital over the

weekend.

At Kyiv's Independence Square, the heart of the protest movement against Yanukovich, the interim leaders who seized control after he fled proposed Arseniy Yatsenyuk as the country's new prime minister.

Yatsenyuk, 39, is a millionaire former banker who served as economy minister, foreign minister and parliamentary speaker before Yanukovich took office in 2010. Widely viewed as a technocratic reformer, he appears to enjoy the support of the U.S.

One of the first jobs for Yatsenyuk and other members of his new Cabinet will be seeking outside financial help from the European Union and the International Monetary Fund. Economists say Ukraine is close to financial collapse, with its currency under pressure and its treasury almost empty. THE ASSOCIATED PRESS

WINTER JUST GOT BRIGHTER

SAMSUNG GALAXY S4™

WAS \$179⁹⁹ | NOW \$99^{99*}

ON SELECT 2-YEAR SHARE EVERYTHING™ PLANS

PLUS GET 50% OFF ALL THE LATEST SMARTPHONES

WHEN YOU ADD A LINE TO A SHARE EVERYTHING™ PLAN
ON SELECT 2-YEAR TERMS

LIVE LIKE NEVER BEFORE

ROGERS

CALL 1 888 ROGERS1
CLICK rogers.com/promo
VISIT your local Rogers store today

Offers available for a limited time and subject to change without notice. A connection fee of \$15 per line also applies (to first invoice, applicable to new line/device only) to activate your service on the Rogers network. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply. *Available with new activation on any 2-yr. Share Everything Talk, Text and Internet plan having min. \$75 monthly service fee. 1 For existing Share Everything customers, 50% discount applies to any smartphone when activating a secondary talk, text and Internet line on a Share Everything plan on a 2-yr. term. For new customers, discount applies to any 2 smartphones when activating a primary line on a Share Everything plan and adding a secondary line (both on 2-yr. term). ©2014 Rogers Communications.



Palestinians pray over Sami Bsharat's returned body

Palestinians pray during a funeral for Sami Bsharat, a Palestinian militant who was killed in operation by the Israeli army in 2003, in Tamoun village near Jenin city in the West Bank on Wednesday. Recently Israel has been returning the bodies of dead Palestinian militants to their families for burial. NASSER ISHTAYEH/THE ASSOCIATED PRESS



MONTH-END TARGET SALE!!!

TAKE YOUR BEST SHOT AT OUR TARGET!!!!



ALL REASONABLE OFFERS ACCEPTED!!!

HWY: 7.2L/100 KM
CITY: 10.0L/100 KM*



HWY: 5.6L/100 KM
CITY: 8.7L/100 KM*



2014 SANTA FE SPORT 2.4L FWD

- HEATED FRONT SEATS • AM/FM/XMTM/CD/MP3
- 6-SPEAKER AUDIO SYSTEM W/ AUX/USB JACKS
- BLUETOOTH® HANDS-FREE PHONE SYSTEM
- STABILITY MANAGEMENT WITH ESC AND TRACTION CONTROL

5 YEAR LEASE
\$159 AT **3.9%[†]**
BI-WEEKLY WITH \$2,495 DOWN FOR 60 MONTHS

Limited model shown



2013 SONATA GL

OWN IT FOR ONLY
\$19,995*
INCLUDES **\$5,790** IN PRICE ADJUSTMENTS

Sonata Limited model shown

ALL-IN PRICING
INCLUDES PRICE
ADJUSTMENTS, FEES,
DELIVERY & DESTINATION.
PLUS HST.

FOREMOST IN QUALITY, RESALE VALUE AND GOOSEBUMPS.



THE 2013 GENESIS SEDAN 3.8L

OWN IT FOR ONLY
\$29,999

ALL-IN PRICING
INCLUDES PRICE
ADJUSTMENTS, FEES,
DELIVERY & DESTINATION.
PLUS HST.

GENESIS

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty**
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

HYUNDAI ADVANTAGE

- 5 YEAR COMPREHENSIVE WARRANTY**
- 5 YEAR LEASING WITH BI-WEEKLY PAYMENTS
- 5 YEAR 0% FINANCING AVAILABLE ON SELECT MODELS



HYUNDAI
HyundaiCanada.com

NEW THINKING.
NEW POSSIBILITIES.™

**NO 1 DEALS LIKE
MYERS HYUNDAI!!!**

ONLY MINS FROM BARRHAVEN, SERVING THE WEST END,
DOWNTOWN, MANOTICK & THE SOUTH END!

ENGINE FOR LIFE
TRANSMISSION

**The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. †Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2014 Santa Fe Sport 2.4L FWD with an annual lease rate of 3.90% bi-weekly lease payment of \$159 for a 60 month walk-away lease. Down Payment of \$2,495 and first monthly payment required. Total lease obligation is \$23,165. Lease offers include Delivery and Destination of \$1,760, fees, levies, and all applicable charges (excluding HST). Lease offers exclude registration, insurance, PPSA and license fees. \$0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of \$0.12/km on all models except Genesis Sedan and Equus where additional charge is \$0.25/km. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Price of models shown: 2013 Sonata Limited/2013 Genesis 5.0L GDI R-Spec is \$30,785/\$29,999. Prices include Delivery and Destination charges of \$1,550, fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$5,000 available on 2013 Sonata Hybrid. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †Offers available for a limited time, and subject to change or cancellation without notice. See Myers Hyundai for details. ‡Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

KANATA
MYERS
HYUNDAI
400-2500 Palladium Drive
613-592-8883

CLICK & SAVE AT MYERS.CA
OTTAWA's Award Winning Dealers
WWW.myers.ca

BELLS CORNERS
MYERS
HYUNDAI
2164 Robertson Rd Bells Corners Nepean
613-721-4567

Are you afraid of the dark oilsands?

Keystone. U.S. senators trot out scary tales from Alberta in bid to get Obama to reject contentious pipeline

Horror stories about the Alberta oilsands' impact on human health are being shared in Washington, D.C.

A pair of anti-Keystone XL senators invited witnesses Wednesday to provide anecdotes about the effect on people near sites where the oil is extracted, transported and refined.

They hope these human-interest stories might influence the Obama administration as it prepares its final decision on the Keystone XL pipeline.

One of the speakers at the event was John O'Connor, an Alberta doctor.

He first went public in 2006 with concerns about

Anecdotal evidence

"Health miseries follow tarsands from extraction, to transport, to refining, to waste disposal."

Barbara Boxer, chair of the Senate environment committee

what he considered to be elevated cancer rates around Fort Chipewyan, Alta.

Many of the 1,200 residents believe their proximity to oilsands development and major forestry mills in Fort McMurray have led to contamination of water and wildlife and a higher rate of cancer and other illnesses.

The event organizer said she would send a letter to her longtime colleague in the Senate Democratic caucus, current Secretary of State John Kerry, asking him to consider human health as he prepares a recommendation to U.S. President Barack Obama.

"I have shown you, or at least I have told you, how health miseries follow the tar sands," said Barbara Boxer, the chair of the Senate environment committee, at a news conference.

Boxer said the health aspect has been overlooked in the discussion and was disappointingly absent in the State Department's recent environmental report, which predicted no significant effect on carbon pollution whether or not the pipeline is built.

It's far from certain her appeals will sway the issue at this point. The president has apparently told state governors, at a closed-door meeting this week, that he plans to make a final decision on Keystone within a couple of months.

When asked what leverage she had at her disposal to influence the administration, Boxer replied that her leverage was "the truth."

THE CANADIAN PRESS



Heads bowed, hands out: Ukraine seeks bailout

A woman walks past a local bank set on fire in Kyiv's Independence Square, the epicentre of the country's current unrest, in Ukraine Tuesday. Ukraine needs money, and fast — in weeks, not months. But bailing out the country of 46 million people will not be as easy as simply writing a big cheque. For one, Ukraine has already burned the main international financial rescuer, the International Monetary Fund, by failing to keep to the terms of earlier bailouts from 2008 and 2010. Now it needs help again, and its economic and financial problems are worse than before. THE ASSOCIATED PRESS

CANADA'S LARGEST INTERNATIONAL UNIVERSITY AND STUDENT TRAVEL EXPO

STUDY AND GO ABROAD FAIRS

STUDY • TRAVEL • WORK • VOLUNTEER

FRIDAY

FEBRUARY

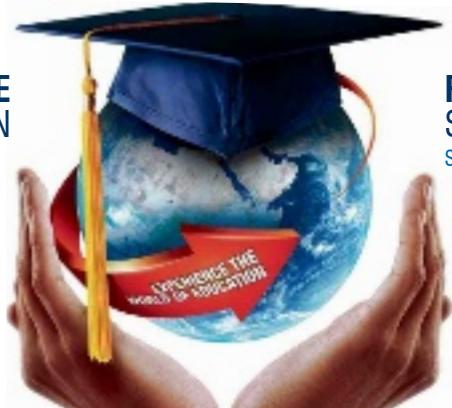
28

2 pm - 6 pm

Ottawa Convention Centre

FREE ADMISSION

FREE SEMINARS starting at 1 pm



Pre-register online and enter our Grand Prize Draw

www.studyandgoabroad.com

A penny forgotten is a penny earned

When it comes to balancing the country's books, it's the equivalent of finding loose change under a couch cushion.

But each penny surely counts for a Conservative government desperate to press every bit of cash into paying down the deficit.

Federal coffers got a \$7-million top-up over the last eight years, all without a single tax being raised or any spending being cut.

So what's behind this modest windfall? Long-forgotten bank accounts.

If a bank balance goes



Penny pinching: Feds get boost from forgotten bank accounts.

THE CANADIAN PRESS

untouched for 10 years and no one can find the account owner, the money is transferred to the Bank of Canada.

The central bank holds

on to amounts of less than \$1,000 for another 30 years, while it keeps amounts above \$1,000 for 100 years.

If no one steps forward to claim the money after all that time, the money is transferred to the receiver general and goes into the consolidated revenue fund. The government can use that money as it sees fit.

Spreadsheets data from the Bank of Canada, released to The Canadian Press under the Access to Information Act, offers a glimpse at the sources of this unlikely manna.

THE CANADIAN PRESS

Expected more?

Target Canada loses almost \$1B since March open

Canada's lukewarm reception last year to Target's first expansion outside the U.S. contributed to a nearly \$1 billion loss for the discount retailer. Target Corp. reported Wednesday its Canadian segment had a \$329 million US loss before interest and tax items in the fourth quarter ended Feb. 1. THE CANADIAN PRESS

Big movement

Home sweet (tiny) home

While tiny houses have been attractive for those wanting to downsize or simplify their lives for financial or environmental reasons, there's another population benefiting from the small-dwelling movement: the homeless.

There's a growing effort in the U.S. from advocates to build compact buildings because they are cheaper.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
89.86¢ (-0.34¢)

TSX
14,188.58 (-0.40)

OIL
\$102.59 US (+\$0.76)

GOLD
\$1,328 US (-\$14.70)

Natural gas: \$4.53 US (-\$0.13)
Dow Jones: 16,198.41 (+18.75)

RRSP doesn't have to be a four-letter word.

Relax. We[†] can help.

**Call 1 866 747 8129,
visit pcfinancial.ca/rrsp,
or drop by an in-store pavilion¹ today.**

¹ Visit pcf.pavilionlocation.com to find your nearest pavilion location.
®/™ PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaw's Inc. CIBC is a licensee of the marks.

† President's Choice personal banking services are provided by the direct banking division of CIBC. Banking services are not available in Quebec.



That's just good banking.

HOW TO SCORE A DATE

There was a time when online dating was an embarrassing ordeal, but now it's so commonplace that you'd be an idiot not to have an online profile.

Sure, you might have a loving spouse and a beautiful child, but you haven't truly lived until you've experienced the thrill of a suitor who eyes your 1,500-word profile, feels a moment of inspiration and writes, "Hey."

I spent so many years on dating sites that it might be the Stockholm Syndrome talking, but I really came to enjoy the myriad of ways people misspelled even the simplest English words. "Beautyfull girl with nothing too loose lokking for someone spatial!"

With enough hours online to merit a Malcolm Gladwell reference, a friend of mine recently asked me to offer advice about her profile. I was honoured. In reply, I've written this can't-miss list of online dating tips that will have her — and



HE SAYS

John Mazerolle

metronews.ca

your — inbox filled with so many yo's and sup's that the NSA won't have the resources to keep up.

Love Bytes: A Guide To 'Electronic Dating'

- Your profile name, or handle, should include your full name and address to speed things along.
- Next comes the tagline. Reel in potential suitors with so-called "clickbait" headlines, like "You Won't Believe What Happened To The Last Guy I Dated."
- Never lie, unless you're older or heavier than you want to say you are, in which case go to town.
- Ask a compelling question to prompt more meaningful messages. "If God loves us why must people suffer?" and "Are gravitons fundamental in string theory?" are both great conversation starters.
- Be specific. Wrong: I'm quirky and fun. Right: I am the mayor of Toronto.
- Be sure to list all the things you DON'T want, especially

freaks, flakes and game-players, in angry detail. Ranting about previous partners with absolutely no prompting lets people know you mean business. It's no different than when you apply for a new job and your cover letter says, "I'm a good worker, so you'd better not be a lame company or I walk."

- Be sure to pepper the profile with LOLs. Besides their inherent aura of intelligence and charm, the mental image of you laughing at each sentence you write as you sit alone with your laptop is irresistible.
- Taking a selfie in your bathroom mirror shows off your body and your bathroom, which is an efficient way to convey two important pieces of information.
- Big group shots with friends are great, because it shows there is a Plan B, C and D.

And that's my advice. I hope you found it helpful. One last word if you're an older person who is still afraid of technology: Learn to embrace computers and smartphones for your dating needs. Otherwise, you'll be dating yourself.

ZOOM

Artist bends body into an animal

At first glance it looks like a giraffe, but a closer inspection reveals the body of a gymnast contorting herself into the shape of the exotic animal. Beth Sykes, 20, from Featherstone, Yorkshire, in north England, says it was a "spur of the moment" decision to transform her body into that of the long-necked creature. **METRO**

The gymnast

"We just thought one day that it would be cool to paint me as a giraffe. Then finally we had some time and decided to do it. It took six hours of painting but it was worth it."

Contortionist Beth Sykes
Sykes teamed up with her friend and body art painter Emma Fay to produce her giraffe-like look.

All paint, apart from the ears

Fay the artist painted the head of the giraffe on one of Sykes' feet, and hooves on the other foot and one hand.

"The only bit that wasn't my body was the giraffe's ears — we made them out of a foam yoga mat," added Sykes.

METRO



JONATHAN MACAULEY/ROSS PARRY AGENCY

Clickbait

DYLAN ROBERTSON
Metro Online

Worried about how loud sounds affect your health? Perhaps you're curious how noisy your neighbours really are. Your smartphone can be used as a decibel meter thanks to these free apps.

Decibel 10th:

This app includes a graph similar to a heart-rate monitor. It also tells you what your current sound environment is comparable to, like a hushed conversation or a plane taking off. A similar Android app is Sound Meter.

Decibels:

A camera comes with this app, allowing you to capture a photo along with the volume level at the time.

Decibel Ultra:

The two meters in this app measure both ambient sound and incoming noises. A number of sophisticated features allow you to calibrate the app's precision.



CONTRIBUTED

Twitter



@metropicks asked:

Zuckerberg wants to give the whole world free Internet access hoping they will invest. Is it a good idea?

@auditorydamage: I'm sure this totally won't end up concentrating even more power in FB, which totally won't be abused at all.

@Canucklehead_ca: Good idea? No. GREATEST IDEA! If you're unable to look at cat pictures & argue with

strangers, well ... that ain't living.

@ctmwyn: reducing the technology barrier can't be bad, unless users are forced to sell their personal information before given access.

@cablekitdragon: No because the last thing the internet needs is more facebook.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

CHEVROLET



0% FINANCING FOR UP TO 84 MONTHS[†] LEASING FOR UP TO 60 MONTHS*

ON SELECT
2014 MODELS

2014 CRUZE LT AIR & AUTO

FULLY EQUIPPED

- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- BLUETOOTH® WITH AUDIO STREAMING
- TURBOCHARGED ECOTEC® ENGINE
- CRUISE CONTROL
- ONSTAR® NAVIGATION
- POWER WINDOWS, LOCKS & REMOTE KEYLESS ENTRY
- BEST-IN-CLASS SAFETY+ WITH 10 AIRBAGS
- SIRIUS XM RADIO™

LEASE
\$99 @ 0%

BI-WEEKLY FOR 48 MONTHS*
\$995 DOWN PAYMENT.
\$0 SECURITY DEPOSIT.

PLUS WE MAKE YOUR FIRST
MONTH'S LEASE PAYMENT*

STEP UP TO
TECHNOLOGY PACKAGE
INCLUDES REAR VISION CAMERA & CHEVROLET
MYLINK RADIO FOR **\$3** MORE BI-WEEKLY*

54 MPG
HWY: 5.2L/100 KM
CITY: 7.8L/100 KM^a



CRUZE LTZ SHOWN^{††}



COMPLETE CARE

ALL 2014 CHEVROLET MODELS INCLUDE:

COMPLIMENTARY OIL CHANGES	2 YR/40,000 KM*
NEW VEHICLE LIMITED WARRANTY	3 YR/60,000 KM [†]
POWERTRAIN WARRANTY	5 YR/160,000 KM [†]
ROADSIDE ASSISTANCE	5 YR/160,000 KM [†]
ONSTAR® STANDARD	6 MONTHS

2014 EQUINOX LS

FULLY EQUIPPED

- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- BLUETOOTH® WITH USB
- POWER WINDOWS, LOCKS & REMOTE KEYLESS ENTRY
- BEST-IN-CLASS REAR SEAT LEGROOM[†]
- SIRIUS XM RADIO™
- BETTER HWY FUEL ECONOMY THAN ESCAPE, RAV4 & CRV^{**}

LEASE
\$145 @ 0%

BI-WEEKLY FOR 48 MONTHS*
\$1,795 DOWN PAYMENT.
\$0 SECURITY DEPOSIT.

PLUS WE MAKE YOUR FIRST
MONTH'S LEASE PAYMENT*

STEP UP TO
ALL-WHEEL DRIVE
FOR **\$11** MORE BI-WEEKLY*



46 MPG
HWY: 6.1L/100 KM
CITY: 9.2L/100 KM^a



EQUINOX LTZ SHOWN^{††}

TO GUARANTEE OUR
QUALITY, WE BACK IT **160,000-KM/5-YEAR
POWERTRAIN WARRANTY[†]**

*Whichever comes first. See dealer for limited warranty details.

ONTARIOCHEVROLETDEALERS.COM



VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 48 month lease for 2014 Chevrolet (Cruze LT Turbo 1SA+MH8/Cruze LT Turbo 1SA+MH8+PDR/Equinox LS FWD 1LS/Equinox LS AWD 1LS). Annual kilometre limit of 20,000 km, \$0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-Weekly payments may vary depending on down payment/lease. A down payment or trade off \$995/\$995/\$1,795/\$1,795 and/or \$0 security deposit is required. Total obligation is \$11,324/\$11,610/\$16,866/\$18,020. Option to purchase at lease end is \$9,511/\$9,740/\$10,949/\$12,110. Excess wear and tear and km charges not included. Other lease options available. ▽/▽**Freight & PDI (\$1,600/\$1,600/\$1,600/\$1,600) registration, air and tire levies and DMV fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualifying retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outtaouis). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. △Bluetooth is a registered trademark of Bluetooth SIG Inc. △Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. +Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ▲Comparison based on 2013 Polk segmentation. Compact SUV and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. **2014 Chevrolet Equinox FWD equipped with standard 2.4L ECOTEC I-4 engine. Comparison based on Natural Resources Canada's 2014 Fuel Consumption Guide. †2014 Cruze LTZ FWD, MSRP with freight, PDI & levies \$37,539. Dealers are free to set individual prices. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 kms, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ‡Participating lenders are subject to change. 0% purchase financing offered on approved credit by RBC Royal Bank/TD Auto Finance Services/Scotiabank for 84 months on new or demonstrator 2014 Chevrolet Sonic Sedan LS 1SA, Sonic 5-door, Cruze. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/lease. Example-\$25,595 at 0% APR, the monthly payment is \$304.70 for 84 months. Cost of borrowing is \$0, total obligation is \$25,595. Offer is unconditionally interest-free. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ▪Offer valid only to eligible retail lessees in Canada who have obtained credit approval by GM Financial, have entered into a lease agreement with GM Financial, and who accept delivery from January 3, 2014 through February 28, 2014 of a new eligible 2014 model. General Motors of Canada will pay the first month's lease payment, or first 2 bi-weekly lease payments (inclusive of taxes). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See dealer for details.

Subreddit's subculture

Get the local scoop.

Social news and entertainment website offers readers' opinions and advice on everything to do with Canada's capital



BACKSTAGE PASS

Jen Traplin
ottawa@metronews.ca

If you're searching for info on all things Ottawa, look no further than the Ottawa subreddit, which boasts thousands of users who are passionate about everything to do with Canada's capital.

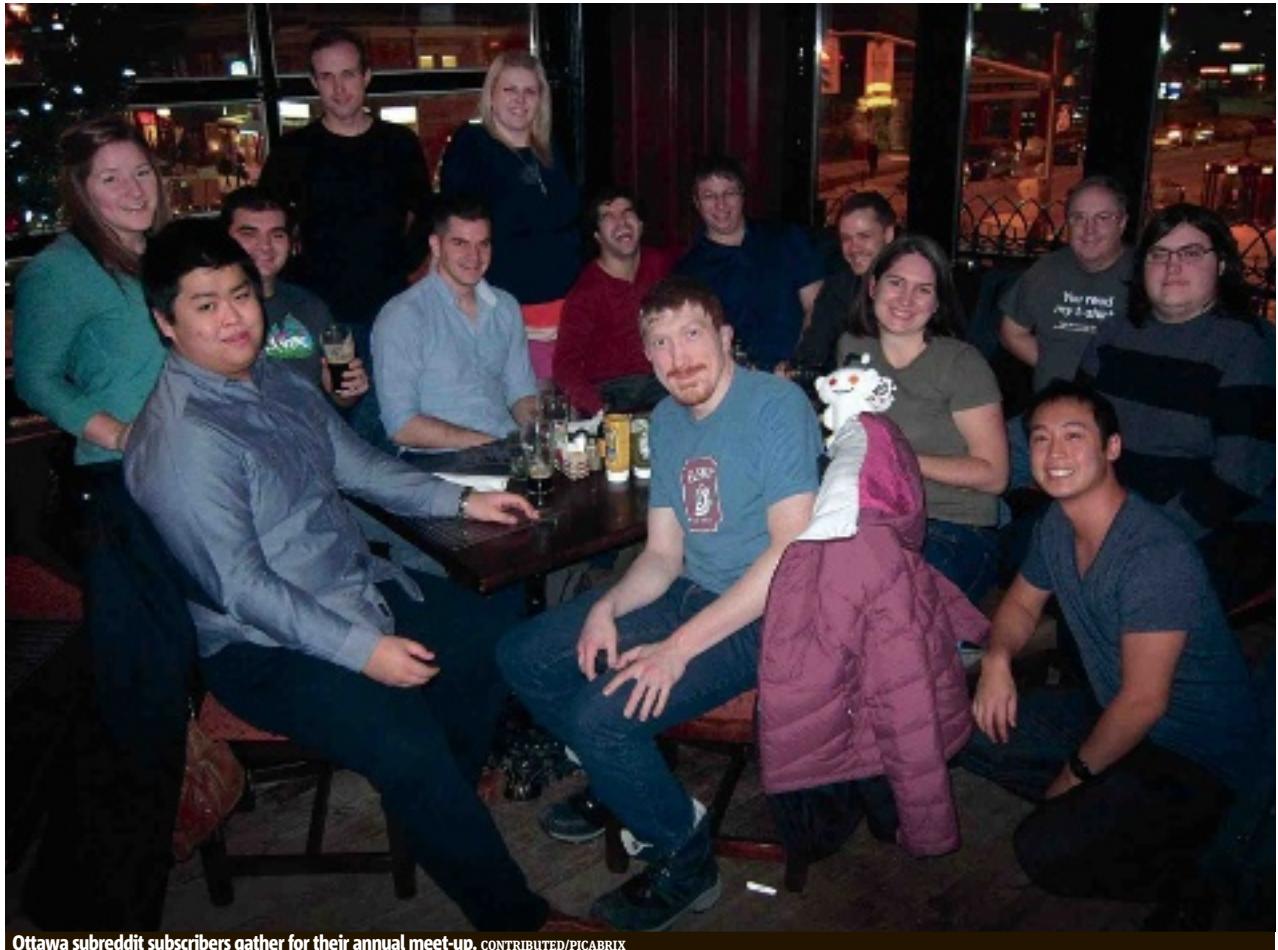
For anyone who isn't familiar, Reddit is a social news and entertainment website that provides user-submitted content grouped into different areas of interest called subreddits. Users then vote the content up or down, causing some posts to go viral.

The Ottawa subreddit was created by user mikemcg five years ago. Today, there are more than 10,000 readers subscribed to the page, which is moderated by both its creator and another user, Picabrix, who organizes local meet-ups.

Topics range from finding a family doctor to buying sausage casing, underage car rental and parking at the Ottawa Airport.

As moderator, Mike, whose last name is being withheld to protect his privacy, is responsible for making sure things don't get out of hand.

"My job as moderator is to label things as spam, approve posts that aren't actually



Ottawa subreddit subscribers gather for their annual meet-up. CONTRIBUTED/PICABRIX

spam and occasionally tell people to stop being jerks," he says, adding that he believes Reddit's comment grading system and the Ottawa Reddit community do most of the work for him by down-voting nasty remarks.

"If an account receives enough down-votes, their ability to comment will be hampered and eventually they'll become shadow-banned, which means they can perform actions like voting and commenting but it

won't actually do anything," Mike explains.

As for the topic that users are most passionate about? That's an easy one, he says.

"OC Transpo. Easily. I have my own feelings about them but people on the Ottawa subreddit get pretty passionate about the shortcomings of our transit system," says Mike.

"I have the utmost respect for our bus drivers and train operators but we aren't G8-capital-grade in terms of our

public transportation."

As the Ottawa subreddit moderator, Mike feels he hasn't necessarily learned anything new about Ottawa as a whole over the past five years, but through the site's users he has gained knowledge about a few different things.

"From this group, I've learned what a NIMBY is — that's Not In My Backyard — a term to refer to people opposed to development near them. I've learned that con-

A growing community

10,000

The number of subscribers to the Ottawa subreddit page

dos go up and there's a vocal group out there who are sick of that," he says.

"I've also learned that people love this town despite its reputation as a boring government town."

visit metronews.ca

Is Annie Clark afraid of the dark?



Annie Clark spends a lot of time acting against herself in the aptly named film Solo. CONTRIBUTED

Solo. Toronto actress takes her first leading role in a freaky twist on the summer camp horror genre

ADAM NAYMAN
scene@metronews.ca

"I'm a city girl," says Annie Clark, and she plays one in Solo, a low-budget but high-efficiency Canadian horror movie about a young woman stranded on an island somewhere in the wilds of Ontario.

Clark's character, a troubled teenager named Gillian, is reluctantly taking part in an initiation exercise where new camp counselors have to spend two nights roughing it in the wilderness; as the film goes on, it becomes increasingly clear that she's far from alone. "I was actually going to become a camp counselor," says the 21-year-old Toronto native.

"But when I got to the point where I really had to do a solo, I was terrified. I quit camp before I had to do it, but (with this movie) I had to

sort of do it anyway." As its title suggests, Solo is a pretty focused showcase for its leading lady, who spends a lot of her screen time acting in a vacuum. To say more about the other characters would be a spoiler, but there aren't very many of them.

"When I first started reading it, I thought Gillian was going to die in the first few minutes," laughs Clark, who is branching into feature film work after a stint on Degrassi: The Next Generation.

"I didn't know what kind of horror movie it was going to be. I'd read plenty of head-cheerleader parts with shower murder scenes, and I don't really like that."

Clark is still a relative newcomer, but she's already familiar enough with the business to know that it's important for a young actress to make discerning choices when it comes to roles.

"I want to do things I feel strongly about rather than just taking what I can get." She says that she's tried to keep from getting pigeonholed after Degrassi, but also that the show was a great initiation into the industry.

Quoted

"I did my own stunts. I had bruises all over the place, but I was proud of them."

Annie Clark

"It opened up a lot doors for me. It was like four years of non-stop learning. I feel like I could have gotten a degree from that: a degree in Degrassi."

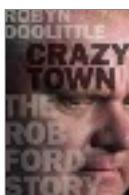
Solo is a small movie, but with its stripped-down premise and skillfully engineered scares, it's the sort of indie that's bound to travel: Clark says a friend in Costa Rica sent her a photo of a bootlegged DVD.

And despite her earlier aversion to intense camping experiences, she says that shooting the movie in Muskoka was a down-and-dirty blast.

"I did my own stunts," she reports of the shoot, which also required the crew to improvise bathing routines in the absence of showers on the off-the-grid campsite. "I had bruises all over the place, but I was proud of them."

Indigo bestsellers 40% OFF

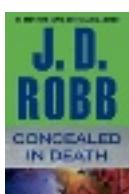
Our Top 20 are 40% off. In-store. Every day.



1. CRAZY TOWN Robyn Doolittle

Fast paced and insightful, *Crazy Town* is a page-turning portrait of a troubled man, a formidable family, and a city caught in an astonishing scandal.

Weeks on List: 4



2. CONCEALED IN DEATH J.D. Robb

In a long-empty New York building, Lieutenant Eve Dallas's husband swings a sledgehammer into a wall. When the dust clears, there are two skeletons wrapped in plastic behind it. The incomparable J. D. Robb returns with the latest thriller in the #1 New York Times bestselling Eve Dallas series.

Weeks on List: 2

This Week

	Weeks on List
3. THE INVENTION OF WINGS Sue Monk Kidd	8
4. DEADLINE Sandra Brown	5
5. THE DEMONOLOGIST Andrew Pyper	7
6. LIFE AFTER LIFE Kate Atkinson	8
7. MY JOURNEY Olivia Chow	6
8. PRIVATE L.A. James Patterson	3
9. THE DEAD IN THEIR VAULTED ARCHES Alan Bradley	7
10. THE TRIPLE PACKAGE Amy Chua	4
★ 11. THE MUSEUM OF EXTRAORDINARY THINGS Alice Hoffman	1
12. THE AWESOME GUIDE TO LIFE Jason Ellis	2
13. CONFESSIONS OF A WILD CHILD Jackie Collins	4
14. ALL JOY AND NO FUN Jennifer Senior	5
15. THE MOMSHIFT Reva Seth	3
16. THE POUND A DAY DIET Rocco DiSpirito	8
17. THE START HERE DIET Tosca Reno	8
★ 18. THE FUTURE OF THE MIND Michio Kaku	1
★ 19. THE CHASE Janet Evanovich	1
★ 20. THE UNDEAD POOL Kim Harrison	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending March 3rd

★ New this week

Indigo

Chapters

Coles

Connect with us /chaptersindigo

*IN-STORE 40% discount applies to in-stock books featured on Indigo's Top 20 English Bestseller list at time of purchase at Indigo, Chapters or Coles locations. Bestseller list is determined by Indigo and gets updated regularly. Not valid in conjunction with any other offer or promotion excluding everyday rewards discount and cannot be used to adjust amount paid on previous purchases. Online 50% discount applies to rewards and plum rewards members - 45% off for non-members - on Top 50 Online Bestsellers as selected by Indigo.ca. Offers may change or end at any time without notice. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc.

Online Bestsellers. Top 50 are 50% off at **indigo.ca**

**Neda Kalantar,
22, Vancouver**

Which past contestants are you most like?

Peter (Brown) in the way he played the game. It didn't work out for him in the end because he made a few mistakes, but I like the fact that he made a really strong alliance with Alec (Beall). I also like how Gary (Levy) had fun in the game. He didn't take anything too seriously.

Are you worried about what your parents may see and think?

I don't think so. I'm really close with my mom and she knows pretty much everything about me so I'm not too scared of that. She'll just shake her head at me. Hopefully I'm not



going to do anything too embarrassing.

What will you do with the money if you win?
I would love to pay off my debts and my mom's debt. It would be awesome to have a down payment for a house.

What's your most unlikeable character trait?

My bluntness. I love that about myself but I know it's something that could get me in a lot of trouble. My filter is a little broken. I tend to over think every scenario.

all.

5

Big Brother house guests

If you thought contestants on the first season of Big Brother Canada brought the drama, get ready for drama on crack in Season 2. We asked five of them to reveal what Canadians can expect when the show premieres March 5 at 9 p.m. ET on Slice.

MAE BOWRING
for Metro Canada

**Kyle Shore, 24,
Porters Lake,
Nova Scotia**

How did you react when you found out you were selected?

selected.
For once in my life I was speechless. It's like if you're with a girl and her dad walks in and you just freeze like a deer in headlights. That was the feeling.

What's the one word you'd use to describe yourself?

yourself.
Outgoing, because I love

to party. I have to be social and in the scene. I'll try anything once.

What do you do back home?

Home: Personal trainer. I'm waiting to get into either policing or the military. I can't be a desk jockey. I've got to keep moving.

You're outspoken. Are you worried about offending people?

I've done university speeches where I've had to watch my slang and s— like that.

The image features a large, stylized blue "JUNO AWARDS" logo with a "2014" graphic integrated into the letter "O". To the left of the main logo, the text "WIN A TRIP TO THE JUNO AWARDS" is written in a white, sans-serif font. Below the main logo, the date "MARCH 30" is prominently displayed in a large, bold, white serif font. Underneath the date, the location "MTS CENTRE | WINNIPEG, MB" is written in a smaller, white, sans-serif font. On the far left, there is a circular logo for "club metro .com" featuring the word "club" in white script and "metro .com" in a smaller, white sans-serif font. The background of the entire graphic is black.



You love your cat... but not the allergy

Cat allergy symptoms such as **itchy and watery eyes, sneezing and stuffy nose** can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.

CATALYST
The cat allergy study

Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

To learn more, please contact:
613-725-2102 ext 224
www.yangmedicine.com

www.thecatallergystudy.com

Rachelle Diamond, 20, Edmonton

What were you doing before the show?

I'm in my third year of psychology at the University of Alberta. I hope to get my PhD and become a marriage and family counsellor.

Use one word to describe yourself.

Loud. I tend to get loud when in a group because I'm trying to get my point across. I'm expressive and always say what's on my mind.

What character trait might get you into trouble on the show?

I'm not very good at listening to people. I interrupt people, but I don't mean to. That could be an issue because it's important for people to feel heard.

Which past contestants do you identify with the most?



I'm a mix between Jillian (MacLaughlin) and Talla (Rejaei). Jillian's calm and collected and Talla's crazy. I'm in the middle.

Arlie Shaban, 25, Stouffville, Ont.

Which past contestants are you most like?

Strategically, I would play like Emmett (Blois) did. His was pretty flawless. Personality-wise, I'll be like Aneal (Ramkisson). I liked his mindset about the game. He didn't have enough clout in the house to actually do what he wanted to but he had a good understanding of what was going on.

What's your strategy?



All of the past players say you can't plan too far ahead. I'm going to go in there and be the guy that everyone likes. I'm going to be funny, tell some stories, cook some great meals and do the cleaning. I want people to want to keep me around.

I can tell you're confident about your chances

Strategically, I'll be running the show. I think I'll get everyone to do exactly what I want them to do in a way that they don't know that I'm the one in charge.

What happens if you win?

The experience, to me, is more life-changing than the money. I would just do the same thing I'm doing now with my life. I'd probably take my friends and family on a nice vacation. I'm not going to blow smoke about donating 50 per cent to charity. Sure I'll be a nice guy with the money but it will be with the people who are close to me.

Anick Gervais, 28, Sudbury, Ont.

What did you do before Big Brother Canada?

I'm a business development specialist. It's a fancy word for sales person for a mining company. I might not have a job when I go back. I'm pretty awesome at what I do, so I'm not too worried.

Any other hobbies?

I'm a Reiki master so I work with energies. I'm also studying reflexology, so I give a mean foot massage.

So you'll use that to your advantage?

If somebody's stressed out and HOH (head of household) then I'll be like, 'Hey I'll give you a session if you don't nominate me (for eviction)'.

I'll also use my bartering skills.

Are you worried about how you'll be portrayed on the show?

People always expect the unexpected with me so anything I do, people won't be surprised. Once I met a guy in a bar and less than a month later I lived in Scotland. I just pack up and go. I'm a bit of a gypsy.



THE METRO NEWS JUST FOR LAUGHS DANNY BHoy CONTEST

DANNY BHoy

BEST INTERNATIONAL ACT
TIME OUT SYDNEY

"One of the most sparkling wits in the world."
MONTREAL GAZETTE

Dear Epson...

**MARCH 15 & 16 • 8 pm
National Arts Centre**

**NAC BOX OFFICE AND ALL TICKETMASTER OUTLETS
1-888-991-2787
ticketmaster.ca**

You could win front row tickets and a TRIP FOR TWO TO SCOTLAND!



BRITISH COUNCIL **Air transat**

1 Win a pair of front row tickets to Danny Bhoy's Dear Epson Tour at the NAC on March 15!

2 Grand prize: a trip for two to Scotland, including flights, courtesy of Air Transat, and 4 nights accommodation, courtesy of the British Council!

GO TO

**WWW.CLUBMETRO.COM
TO ENTER TODAY!**



Ottawa portion of contest closes March 10, 2014 at noon. Open to Canadian residents, excluding Quebec, 18 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) Grand Prize of a trip for two (2) to Glasgow, Scotland, which includes return airfare to Glasgow, Scotland for two (2) people, on Air Transat, from the major Canadian airport closest to the selected entrant's place of residence that has direct Air Transat flights to Glasgow (i.e., the following airports: Toronto Pearson International, Calgary International Airport and Vancouver International Airport), four (4) nights hotel accommodation, courtesy of the British Council, total prize valued at approximately \$5,000 CAD (based upon departure from Toronto, actual value may vary depending upon time and place of departure).

Media partner
comedy
metronews.ca

metro
metronews.ca

BRITISH COUNCIL

Air transat

HAHHA.COM/DANNYBHoy
@OFFICIALBHoy WWW.DANNYBHoy.COM

Mayim Bialik still boosting breastfeeding

Mayim Bialik may be done nursing her two sons, but she's still more than happy to defend the practice of breastfeeding in public. "I think anywhere you give a bottle, you breastfeed. I would try and be absolutely respectful and conscious of the community I was in, but I don't believe you need to cover up a baby eating anymore than you need to cover up a baby drinking a bottle," the Big Bang Theory star tells the Huffington Post.



Mayim Bialik



Katy Perry and John Mayer ALL PHOTOS GETTY IMAGES

They're in, then they're out

So much for the engagement rumours. Katy Perry and John Mayer have reportedly split up once again, according to Radar Online. The couple's second go at romance — after an earlier breakup — seemed to be going well, with each being very forthcoming in

interviews about their feelings for each other. They even duetted on Mayer's "Who You Love," and Perry was spotted recently with a diamond on her finger than many thought signalled impending marriage. But it was reportedly Perry herself who initiated the split.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lawrence looks at year-long vacation

MELINDA TAUB
Metro World News in New York

Have we loved Jennifer Lawrence so hard that we broke her?

Despite — or because of — our affection, the world's most adored actress is planning to take a lengthy hiatus from acting, according to Harvey Weinstein. "She's going to have a long break for a year where she won't do anything. It's been non-stop for her and she deserves a rest," Weinstein, who produced Silver Linings Playbook, told the U.K.'s The Sun.

Why does Jennifer need a rest from being a movie star? Apparently, carrying two major movie franchises while also starring in a steady stream of Oscar bait (not to mention being relentlessly charming in interviews) can wear on a person. "Jennifer is too nice and will do people favours and agrees to do a movie like American Hustle when she could have had a rest," Weinstein said. "She signed on to do Hunger Games when she was young and wouldn't have realized how much it would dominate her life. But she's a professional and always will be."

Well, OK. I guess she can take a break, as long as she comes back — and assigns a substitute to make fun of Sarah Jessica Parker's hats in her stead.

Twitter



@ElizabethHurley
Just joined a gym for the first time in 20 years. About to have a fitness assessment. Gulp.



@SarahKSilverman
My morals aren't the same as your morals



@AlbertBrooks
I hope Netflix never opens a restaurant

INAUTICA



Robin Thicke

Robin in Thicke trouble with his fans

Robin Thicke may be breaking up with his fans along with wife Paula Patton. The Blurred Lines singer cancelled yet another show on his U.S. tour earlier this week, the third consecutive show to be scrapped. "Due to unforeseen circumstances, Robin Thicke will postpone his performance at Harrah's Cherokee," the North Carolina casino announced on its website. "This concert will be rescheduled and the new date announced as soon as possible." Thicke also bowed out of shows last week in Atlanta and Orlando, citing vocal problems. "I never want to let down my fans, but I have unfortunately lost my voice and cannot perform," said Thicke, who announced on Monday that he and Patton are separating. If this keeps up, the Boston University students who started a petition to cancel Thicke's March 4 concert there — on complaints of his "misogynist music" — might not have anything to worry about.

Get
18,500
SHOPPERS OPTIMUM
BONUS POINTS®
WHEN YOU SPEND \$75 OR
MORE ON ALMOST ANYTHING
IN THE STORE*

SATURDAY, MARCH 1
TO MONDAY, MARCH 3

THAT'S A
\$25
SAVINGS
VALUE!



FREE
feels good™
Shoppers Optimum

SHOPPERS
DRUG MART

*Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and rebates/points and before taxes. Maximum 18,500 points per offer regardless of total dollar value of transaction. Excludes prescription purchases, products that contain cocaine, non-printable items, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, gift cards, prepaid card products and Shoppers Home Installation® services. Offer applies to photo finishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other points promotions or offers. See coupon for details. Shoppers Optimum Points® and Shoppers Optimum Bonus Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. The savings value of the points not used in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of the limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at [shoppersdrugmart.ca](http://www.shoppersdrugmart.ca). © 2013 Sobe Alberta Ltd.

Kloss is now in session: We want those moves like Karlie

She walks the walk...

And talks runway season, that trademark stride and her inner hopeless romantic

RICHARD PECKETT
Metro World News

Karlie Kloss is one of those rarefied models that women obsess over and men lust after. Now her stock is so high rumour has it the American-born model can only be booked for shows through special arrangement.

You've got the most confident walk in the business. Do you find being on the runway empowering?

I do. I really enjoy being on the runway. It's a very different part of my job compared to photo shoots. It's a performance similar to the ballet performances that I remember from growing up, so I enjoy runway shows because of that.

How did ballet prepare you for the modeling industry?

Ballet was the best training I could have had for a modeling career. It teaches movement, gracefulness and how to express emotion. Telling a story through movement is very important in a modeling career.

Valentine's Day has re-

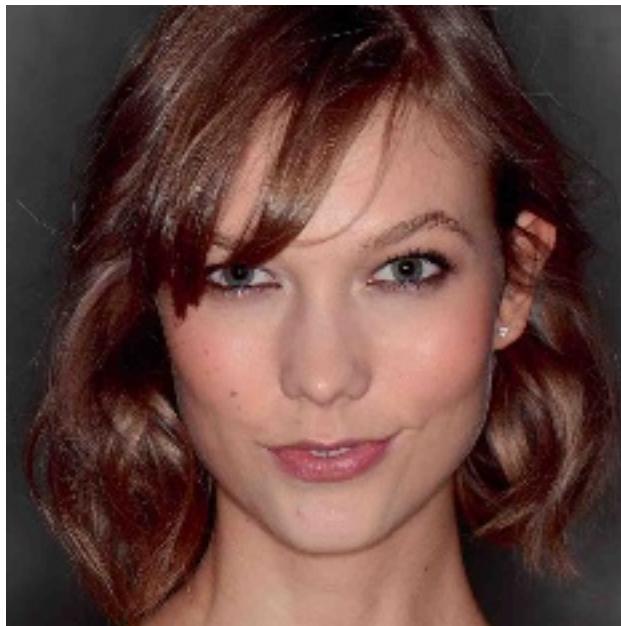


Karlie Kloss rapidly became a runway mainstay after being discovered in 2005 at age 13. HANDOUT

cently come and gone. Did you buy into it or are you a cynic?

Well I do like Valentine's

Day. I like any excuse to show some warmth and love. I think that goes for not just your boyfriend or girlfriend but it's also an



Karlie's career is on pointe

"Ballet was the best training I could have had for a modeling career."

Karlie Kloss

excuse to write a love note to your friends, your mom, anyone.

Are you a romantic?

I am. I am a romantic. Yeah, it's also a good holiday for good chocolate.

What's the cheesiest chat-up line you've received?

Hmm, cheesiest chat-up line: "Did it hurt? Did it hurt, angel, when you fell from heaven?" It's an automatic game over.

You're photographed in lingerie a great deal — a look that men's magazines like to perpetuate as real-life. Is this the case?

No, I'm into sweatpants and my boyfriend's T-shirt. I like to be totally boring and watch [American] football, there's no fancy lingerie. But on a special occasion it's always fun to get dressed up and that's why there's some good stuff here at Victoria's Secret.

Good plug.



Trends Report

Retro fashion and beauty is seeing a revival this spring, inspiring the latest looks on both fashion runways and red carpets. Go online to Trends Report to see how you can get the look that singer Taylor Swift has mastered.



- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Taylor Swift images from Getty Images

Canadian street style

Spotted in: Toronto

Name: Kara Lane

Age: 23

Occupation:
Front woman of angsty pop band

What she's wearing
Doc Martens, camo pants



from Value Village, Cowichan sweater stolen from my friend's boyfriend and a head chain from Emidesh.

Her inspiration
Xena, the warrior princess.

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

3
E
E
E

Nursery, I got hue, babe

Crib notes. Looking for non-traditional colours for your newborn's room? We've got you covered



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I am expecting a baby and don't ascribe to the traditional colours for decorating a baby's room. I also don't know the sex of my unborn. What are neutral-gendered, on-trend colours for painting and decorating?
— Nathalie Hicks, Toronto

More parents are opting for non-traditional baby rooms and decorating the space to please themselves as they spend time with their newborn. Once a child develops a preference for styles and colours, usually by age three, it's a good time to re-decorate to suit their personalities. Happily, many retailers carry

colourful nursery decor that falls outside traditional schemes.

Here are a few designer tips to get you started:

1. Match any wood tones of baby furniture to other wood tones you might already have throughout your home, such as dark espresso or bleached oak.

2. Consider using a grown-up area rug with fabulous colours and patterns instead of the predictable nursery story-printed rugs.

3. Never be afraid of using deep colours for a newborn's room. It's a space where you are training them to sleep, so the less stimulation the better.



Mix whimsy and colour for those early years. Canadian designed Duc Duc Crib offers a toddler bed conversion kit and a variety of fun words to apply. \$1,634, modernkaribou.ca



A quirky orange kangaroo plush cushion becomes an instant best friend for baby. Its pocket makes a great spot for an extra soother. Machine washable. \$10, simons.ca



Hazy Lilac 2116-40 paint creates a cozy room to complement dark or light wood tones and trendy shades of grey and orange. benjaminmoore.ca



Keep storage long and low so toys can be displayed at a comfy height, leaving room for shelves and hooks above. Bjursta Sideboard, \$300, ikea.ca



A recycled rug is on trend and a perfect choice for a child's room. Ottoman Yama Patchwork 6x8, \$475, ecarpetgallery.com

Timber! Turn '70s wood panelling into walls you could totally fall for

The '70s may be alive and well in homes with wood panelled interior walls, but homeowners who want to update the once-trendy treatment may find the task daunting.

Kyla Bidgood, a Victoria-registered interior designer, says a coat of paint can modernize wood walls.

"Even crisp white camouflages wood paneling nicely, and adds a bit of texture to the space," says Bidgood.

"Layering things on top of it like art and wall pieces is another great way to minimize the impact of bad wood paneling," she says.

"I think the thing that became overwhelming in the old spaces was all the dramatic vertical wood grain and if you

Going against the grain

Paint is an effective way to tackle a dated panelled wall, and there are ways to use the vertical lines of the paneling to create an interesting wall feature.



Reclaimed timber in varying depths and sizes is painted out in bright colours as a fireplace feature. SARAH MACNEIL, HANDOUT/THE CANADIAN PRESS

Design Associates, says modern design trends favour cleaner and minimal looks.

"We just don't like the vertical lines," he says. "It is really distracting and it takes away from art on the wall and all kinds of things."

"People can't stand the darkness of the wood because it closes in the room, and then people start painting it and it takes on a beachy look, which can look quite nice. But you aren't going to get a sophisticated

ed look when you paint wood paneling."

Like Bidgood, Everitt says paint is an effective way to tackle a dated panelled wall, and says there are ways to use the vertical lines of the paneling to create an interesting wall feature.

"If you want to have some fun with it you could paint some stripes with it," he says. "You could follow the lines and paint every second or third one, so it's not candy striped, doing

Hint of wood

Interior designer Kyla Bidgood has used wood in a variety of her recent projects. In one home she used a wood-grained wallpaper.

• "It's not using wood, but it is an ode to the old '70s wood paneling but done using wallpaper."



something subtle."

DIY decorators can eliminate the grooves and reveals of the paneling by filling them or, alternatively, creating more pronounced lines.

"Homeowners could take what is called a baton, which is a small piece of wood, and cover over the reveals and the little seams and make it more exaggerated, which can become a special detail," says Everitt.

Bidgood says she is now using wood to add texture.

"It is coming back in a ma-

jor but different way now and we're seeing it all over the place, from restaurants to tech offices and residences, but it's more of a reclaimed wood paneling, not the typical kind of wood paneling like we remember from grandma's basement," she says.

According to Bidgood, the wood being used in modern homes is often painted, which reduces the impact of the wood grain but maintains the texture of the wood or minimal grain.

THE CANADIAN PRESS

Erasing memories of granny's dungeon

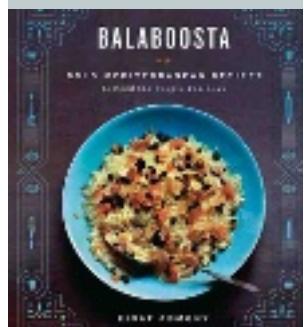
"We're seeing it all over the place, from restaurants to tech offices and residences, but it's more of a reclaimed wood paneling, not the typical kind of wood paneling like we remember from grandma's basement."

Interior designer Kyla Bidgood

Flawlessly flavoured from the inside out

Cookbook of the Week

A mixture of cultures and tastes



As a mother, wife and chef who runs three busy New York City restaurants, Einat Admony knows about being a New Age "balaboosta" (Yiddish for "perfect housewife"). It makes sense then that her cookbook shares the same name.

Balaboosta offers 140 recipes that blend Admony's mixed Israeli heritage (Yemenite, Persian) with the Mediterranean palate she developed working in New York City.

Among the dishes in the book are: Spicy Chicken Tagine, Fenugreek Fried Bread, Yemenite Oxtail Soup and more. METRO

"This is the classic Mediterranean preparation for fish, without all the fancy filleting, searing, steaming, or curing," writes Einat Admony in her book *Balaboosta: Bold Mediterranean Recipes to Feed the People You Love*.

"The key is to layer the ingredients inside the fish, instead of on top, so that the flavour permeates every last ounce of the meat."

1. Preheat the oven to 350 F.

2. Pat the skin dry on the branzino with a few paper towels. Stuff the cavity of each fish with one sprig each of thyme and rosemary, one garlic clove, and two slices of lemon. Place the fish on a baking sheet lined with parchment paper and drizzle with olive oil.

3. Roast in the oven until

Ingredients

- Four 1 1/4-lb whole branzino, gutted and cleaned
 - 4 fresh thyme sprigs
 - 4 fresh rosemary sprigs
 - 4 garlic cloves
 - 1 lemon, sliced into 8 rounds
 - Olive oil
- Yogurt Dill Sauce**
- 3/4 cup non-fat yogurt
 - 1 garlic clove, coarsely chopped
 - 2 tbsp fresh lemon juice
 - 1/2 tsp kosher salt
 - 1 tbsp olive oil
 - 1 tbsp finely chopped fresh dill

FLASH FOOD



From your fridge to your table in 30 minutes or less

cooked all the way through, about 30 minutes.

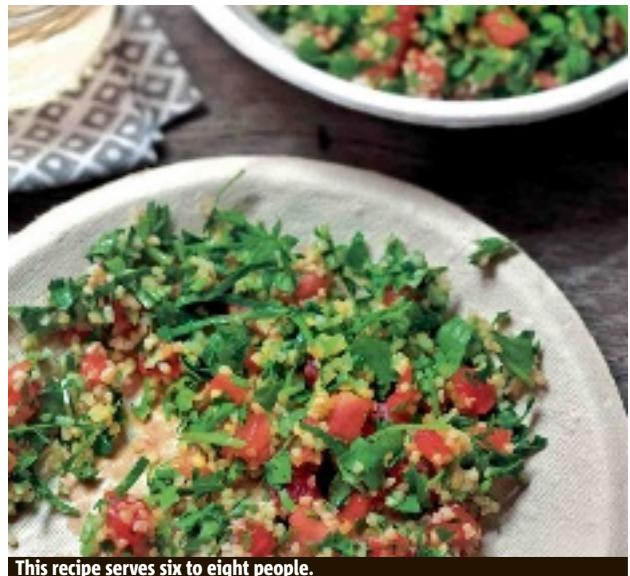
4. Meanwhile, make the yogurt dill sauce: Combine the yogurt, garlic, lemon juice, and salt in a blender. Puree until smooth, then very slowly add the olive oil in a thin stream. Scrape the yogurt mixture into a bowl and stir in the chopped dill. The sauce can be made ahead of time and kept in an airtight container in the refrigerator until ready to use.

5. Serve each fish with the yogurt dill sauce.

RECIPES EXCERPTED FROM BALABOOSTA BY EINAT ADMONY (ARTISAN BOOKS). COPYRIGHT (C) 2013.



This recipe serves four. BOOK IMAGES, QUENTIN BACON



This recipe serves six to eight people.

Side. Tangy Tabbouleh

1. Pour enough hot water over the bulgur just to cover it and soak for 10 minutes. The bulgur will absorb most of the water, and it should have a slight crunch when you bite into one of the grains.

Ingredients

- 1 cup medium bulgur
- 1 cup each fresh parsley and cilantro, finely chopped
- 4 scallions, finely chopped
- 1/4 cup fresh mint, finely chopped
- 1 cup tomatoes, diced
- Grated zest of 2 lemons
- 1/4 cup fresh lemon juice
- 3 tbsp olive oil
- 2 tsp kosher salt
- Pinch of freshly ground black pepper

For your phone

Modernist Cuisine At Home: Lite Version (iPad, iPhone; free)

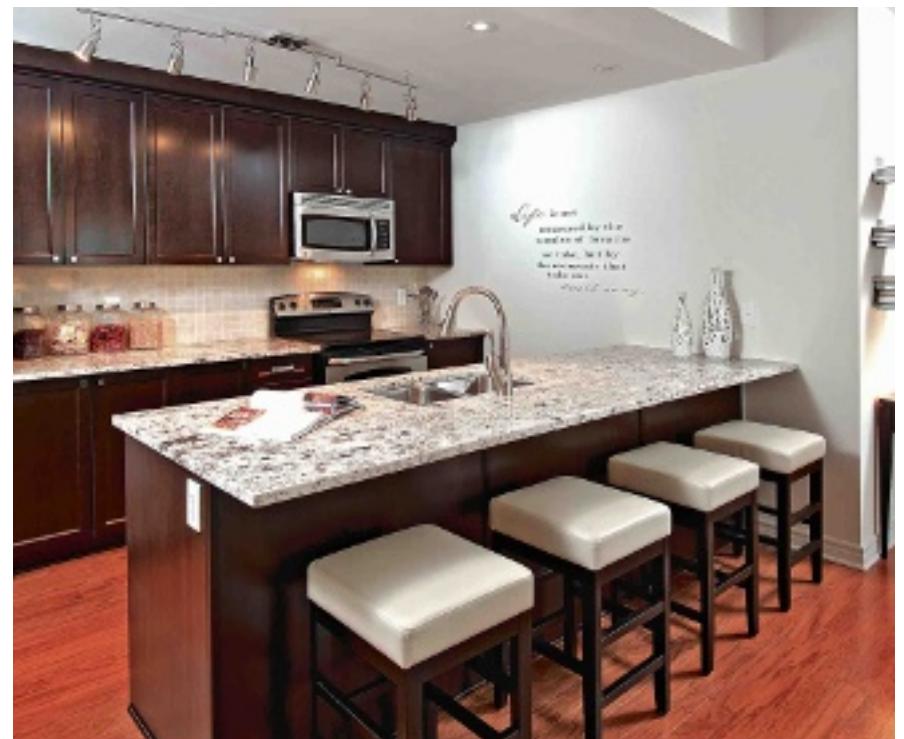


MIND THE APP
Kris Abel
[life@metronews.ca](mailto:@RealKrisAbel)

It's avant-garde cooking through science. Modernist Cuisine is normally a pricey \$70 book, but this free three-course meal sampler will explain its concepts with slow-cooked chicken

and pressure-cooked quinoa salad. Did I mention it's free?





CONTRIBUTED PHOTOS

ENJOY CAREFREE CONDO LIVING AT JAVA

If you are renting an apartment but dreaming about owning your own place, Tartan Homes invites you to wake up and smell the java — JAVA Condominium Flats in Findlay Creek Village.

Starting at just less than \$200,000, JAVA Condo Flats puts ownership of a stylish, maintenance-free condo built by an award-winning builder well within the reach for just about anyone.

Twelve units are housed in each low-rise, three-storey JAVA building. JAVA units are called condo flats because all have separate, private entrances from the outside and the interior space is all on one level.

There are nine different models from which to choose, including the Moccaccino (one bedroom with den, 868 square feet), Cappuccino (two bedrooms, 902 square feet), and Espresso (two bed-

NINE DIFFERENT MODELS AVAILABLE

- Priced from \$199,900
- 868 to 944 square feet
- One and two bedrooms
- Nine different floor plans
- Private entrances
- Nine-foot ceilings
- Six appliances
- Private parking spot included
- Located at Findlay Creek Village
- Model open for viewing in Barrhaven

rooms, 944 square feet).

Ground-floor terrace units include a private outdoor patio terrace with gas barbecue rough-in, while second-floor mezzanine units and third-floor loft units include a private balcony. Unlike downtown condos, all JAVA Condo Flats come with a personal parking space included in the purchase price.

"JAVA offers carefree condo living in a neighbourhood setting just off Bank

while kitchens provide functional and stylish support for the gourmet cook in anyone.

All units are equipped with six energy-efficient appliances and include ensuite laundry and central air conditioning. As Canada's Energy Star new home builder of the year for 2013, Tartan is the leader in energy-saving design, construction and features, which means lower energy costs for JAVA owners.

"As an incentive for those looking to get out of renting and into owning, we're offering a \$5,000 bonus at our design centre on each JAVA unit sold," Nicol says. "That gives each owner the ability to add finishing touches and personal style to their place."

For more information and an online video tour, visit TartanHomes.com. Or call 613-247-0078.



CAREFREE LIVING AT A WORRY-FREE PRICE



JAVA
CONDO FLATS
AT FINDLAY CREEK

STARTING AT JUST

\$199900



JAVA Condominium Flats at Findlay Creek offer the perfect blend of urban sophistication and neighbourhood charm. These affordable, energy efficient and maintenance-free condo flats are uniquely designed with private

entrances, outdoor balconies and terraces, 9-foot ceilings, and open concept designs ideal for modern living and entertaining. All come with six appliances, in-suite laundry, central air conditioning, and a personal parking space included in the price. Choose a Terrace, Mezzanine or Loft flat and use our limited time **\$5000 Design Centre Bonus** to personalize your new space. Tour our beautifully decorated Café au Lait model home and see what carefree JAVA living is all about.

**\$5,000
DESIGN CENTRE
BONUS**

Available for a Limited Time Only



**VIEW OUR JAVA
MODEL VIDEO
ONLINE**

VISIT OUR SALES CENTRE AT FINDLAY CREEK VILLAGE

600 WILLOWMERE WAY

Off Albion Road just north
of Rideau Carleton Raceway

613-247-0078

MON - THURS 1 - 8pm

SAT - SUN & HOLIDAYS 12 - 5pm



TARTANHOMES.COM





CONTRIBUTED PHOTOS



**HASSLE FREE
LUXURY URBAN LIVING**

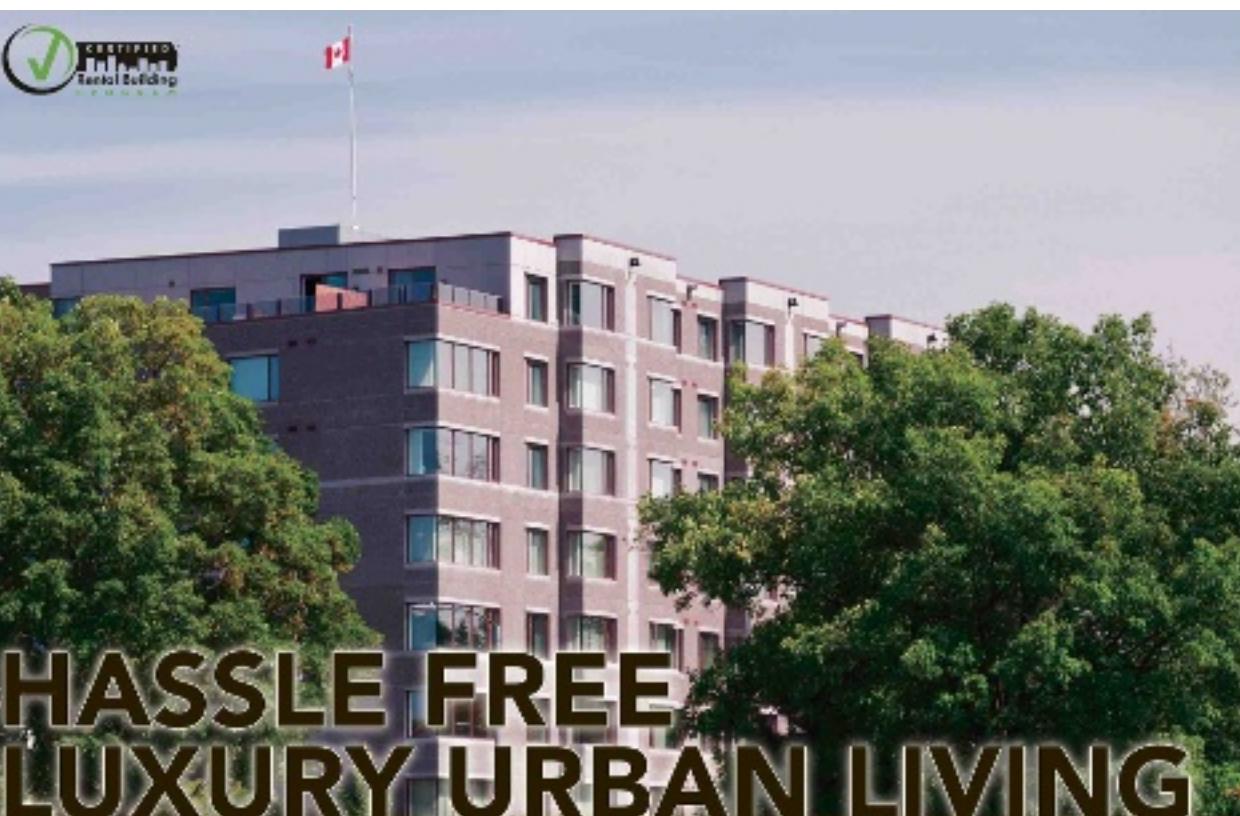
Premium Rental Apartments



- ❖ Non Smoking Building
- ❖ Indoor Salt Water Pool
- ❖ In-Suite Washer & Dryer
- ❖ One & Two Bedroom Suites



- ❖ Window Blinds
- ❖ Rooftop Terrace
- ❖ Fitness Center
- ❖ Hardwood Floors



**HASSLE FREE
LUXURY URBAN LIVING**

Premium Rental Apartments

- ❖ Non Smoking Building
- ❖ Indoor Salt Water Pool
- ❖ In-Suite Washer & Dryer
- ❖ One & Two Bedroom Suites
- ❖ Window Blinds
- ❖ Rooftop Terrace
- ❖ Fitness Center
- ❖ Hardwood Floors

TERRASSES GABRIELLE

411 North River Road • 613-741-4411
terrassesgabrielle.com
globegeneral.ca • ottawa@globegeneral.ca

WARM, INVITING PLACE TO LIVE

LES TERRASSES GABRIELLE

Elegance, comfort and all the amenities. That's Les Terrasses Gabrielle.

Carefree luxury living in a rental? Yes, it is possible. Just ask the delighted residents at Les Terrasses Gabrielle, a premium apartment rental development that serves up elegant, luxury living without the special fees or assessments that come with ownership.

Overlooking the Rideau River, Strathcona Park and the Rideau Tennis Club, Les Terrasses Gabrielle offers its clientele beautiful panoramic views, marvellous amenities, and luxury suites ranging from 632 to 1,310 square feet that rival the offerings of the Ottawa's finest condominiums.

As property manager Jason Ely notes, Les Terrasses Gabrielle is much more than a lovely building.

"It's a community of wonderful people and a warm and inviting place to live, a place that makes you proud to bring people home. Simply put, it is home."

Les Terrasses Gabrielle strikes the perfect balance between serene park-side living and vibrant downtown living. Whether residents want to go cycling, attend a summer festival in Strathcona Park, shop the stores of Beechwood Village or enjoy one of the ByWard Market's award-winning restaurants, one thing is for sure — they never have to venture too far from home.

Amenities and extras will wow you. Suites featuring high-glazed ceilings, granite countertops, solid hardwood floors, six stainless steel appliances and more make Les Terrasses Gabrielle the ideal place for living and entertaining. The property also offers outstanding amenities, including an indoor saltwater pool, top-of-the-line fitness facilities, and a rooftop terrace offering stunning views of the city.

A strong commitment to high efficiency has earned Les Terrasses Gabrielle a high performance new construction certificate from Enbridge. The property has also been recognized for leadership in the rental housing industry through successful certification and compliance with all the requirements of the certified rental building program.

Is the Les Terrasses Gabrielle lifestyle for you? Find out by calling 613-741-4411 to arrange a viewing. It's possible you'll come for a visit and decide to stay.

For more information, visit terrassesgabrielle.com.

Karlsson pumped for post-Olympic hockey

NHL. Star defenceman and Sens resume playoff push on Thursday against Alfredsson, Red Wings

Erik Karlsson showed no sign of disappointment or jetlag as he returned to the ice with the Ottawa Senators on Wednesday.

The Swedish defenceman came home with an Olympic silver medal and while he would have preferred gold, he said his experience in Sochi was unforgettable.

"It was two amazing weeks," said Karlsson, whose Swedes lost 3-0 to Canada in the gold-medal game on Sunday. "I think everyone was a little bit skeptical before we got there and once we got there I think everyone was a little bit surprised how good it was. All the facilities were really good."

Making the Games that much more special was sharing the experience with close friend and former teammate Daniel Alfredsson.

"It was great," said Karlsson. "We were rooming together and pretty much spent every day together. We're good friends and it's always nice to see some guys that you haven't seen in a while. We had a really good time together."

While the NHL's participation in the 2018 Olympics remains uncertain, Karlsson



Back from Sochi where he won a silver medal playing for Sweden, Erik Karlsson is excited for a couple of the Senators' games this week. BRUCE BENNETT/GETTY IMAGES

says he would love to have another chance to represent Sweden four years from now.

Karlsson will be reunited with some of his Swedish teammates Thursday as the Senators host the Detroit Red Wings in their first game since the Olympic break. But he knows all niceties will have to be set aside.

Heading into Wednesday night's games the Senators trailed Detroit by one point for the final wild-card spot in the tight Eastern Conference. The Red Wings were in Montreal Wednesday night.

"I think everybody's excited to start playing again," said Karlsson. "We have an exciting game against Detroit Thursday and then we go to Vancouver and play the outdoor game. We have a lot of things to look forward to."

With 23 games remaining the Senators know they can't afford to take any nights off, but at the same time can't become overly obsessed with losses.

"We know what we have to do," said Clarke MacArthur. "There's a lot of wins to be done here." THE CANADIAN PRESS



Workers prepare the ice and BC Place stadium for the NHL Heritage Classic in Vancouver on Wednesday. The Canucks and Senators are scheduled to play in the game Sunday. DARRYL DYCK/THE CANADIAN PRESS

Hobbling hero. Price suffers lower-body injury

Montreal Canadiens star goaltender Carey Price left the team's morning skate Wednesday with what the club is calling a lower-body injury.

Coach Michel Therrien said Price aggravated the injury while representing Canada at the Sochi Olympics.

"He will not play the next two games and he's day-to-day," Therrien said.

The Canadiens hosted the Detroit Red Wings Wednesday night. THE CANADIAN PRESS



Carey Price TORSTAR NEWS SERVICE

Sense of accomplishment



"I think everybody feels a sense of pride, but also a sense of relief knowing you were able to do what everybody expected."

Sidney Crosby returned from Sochi, Russia, with his second Olympic gold medal, this one as the captain of the Canadian team. Crosby returns to normalize in the NHL with the first-place Penguins, who face a stretch run that features 24 games in 46 days.

Wingin' it. Babcock shifts focus to getting Detroit back into post-season

Mike Babcock loved the Olympics, but now he has another tough task — trying to get the Detroit Red Wings into the NHL playoffs.

"It's about the Red Wings now — that's all over with," said the coach who led Canada to a second straight hockey gold medal at the Sochi Olympics. "We're in a real battle to get into the playoffs. We take real pride in the Red Wings being in the playoffs

Quoted

"There's no excuses. We have to find way to get in." Mike Babcock

every year."

The Red Wings, clinging to the eighth and final Eastern Conference playoff spot, faced Montreal on Wednesday night. THE CANADIAN PRESS

4
SPORTS

Red Sox are counting on Koji



Koji Uehara of the Boston Red Sox, left, celebrates with David Ross after defeating the St. Louis Cardinals in Game 6 of the World Series at Fenway Park on Oct. 30, 2013. ROB CARR/GETTY IMAGES

Ames shoots his way into Canadian Golf Hall of Fame



Stephen Ames GETTY IMAGES

Calgary's Stephen Ames is the newest member of the Canadian Golf Hall of Fame.

The 49-year-old was unanimously named for induction Wednesday and will become the 74th member of Canada's golf shrine.

Ames, a dual citizen of Canada and Trinidad and Tobago, has recorded four career PGA Tour wins and has earned over \$19.5 million US during his career.

This year, Ames plans to play events both on the PGA

Tour as well as the Champions Tour.

A career milestone came in '06 when the Calgary resident won the The Players Championship by six strokes over Retief Goosen. The victory moved Ames into the No. 27 spot in the official world golf rankings at the time.

Last year, the Stephen Ames Foundation funded the inaugural CJGA Stephen Ames Junior Cup.

THE CANADIAN PRESS

MLB. Despite celebrity status, World Series hero insists he's not resting on past laurels

He's written a book. He's endorsing a Japanese beer — "please try it." And he met Japan Prime Minister Shinzo Abe and U.S. Ambassador to Japan Caroline Kennedy.

And, oh, yes, he won a World Series title.

Without Koji Uehara's nearly lights-out performance last season as the Red Sox's fourth closer, the team's championship might not have happened.

Still, Uehara insists his life is the same as it was a year ago.

"Nothing has changed at all," he said through a translator.

If the same can be said about his performance this season, the Red Sox will be very happy.

Uehara joined the Red Sox last season as a free agent and was expected to be a part of the back end of the bullpen. But, he took over the closer's role after injuries to Joel Hanrahan and Andrew Bailey. Junichi Tazawa took a shot at closing but was ineffective.

Manager John Farrell made Uehara his closer on June 21, and from that point on the right-hander was nearly unhittable: He appeared in 41 games, saving 20 games in 22 opportunities. Uehara gave up three runs — two earned — on 14 hits, one home run, two

walks and 59 strikeouts for 0.41 ERA and held opponents to an .097 average.

Overall, in 73 appearances, he went 4-1 with a 1.09 ERA and 21 saves. He set a club record with 37 consecutive batters retired from Aug. 17 to Sept. 13.

Can Uehara, who will turn 39 on April 3, repeat what he did last season? Is it even fair to ask?

"Totally fair," manager John Farrell said.

Uehara is entering his sixth season in the major leagues after a 10-season career in Japan. In five MLB seasons with the Orioles, Rangers, and Red Sox, he is 9-10 with a 2.42 ERA, 35 saves in 230 games (all but 12 in relief).

"Granted, his performance last year was outstanding," Farrell said. "The line that he put up, the time of the year, the game, the importance.... I keep going back to the years previous. This has been a very successful pitcher every year he's been here in the States."

Uehara is not concerned with his past success or production.

"It's all in the past," he said. "It's not productive, so I didn't really reflect on it."

But Uehara pitched an MLB career-high 88 innings, 51 more innings than with the Rangers in 2012, when a lat strain limited him to just 37 appearances.

The Red Sox will monitor his workload in spring training and into the season, but the right-hander won't be limited because of it. THE ASSOCIATED PRESS

Staying on target

"I don't care what people think. Every year is a challenge. I try to make that motivation to be better."

Boston reliever Koji Uehara explains why it's important not to dwell on the past

Auto Racing

Villeneuve set to make his return

Jacques Villeneuve is ready to make an IndyCar comeback.

Schmidt Peterson Motorsports said Wednesday it has hired Villeneuve to race in this year's Indianapolis 500, 19 years after the Canadian driver first drank the milk in Victory Lane.

Schmidt and co-owner Rick Peterson, also from Canada, made a serious offer he couldn't refuse. The Indy 500 is scheduled for May 25. THE ASSOCIATED PRESS

NBA. New mask has Heat star LeBron in a 'hot fog'

LeBron James says his new protective mask is hot, uncomfortable and prone to fogging up. Plus, as teammate Dwyane Wade pointed out, it looks weird.

So James is in the market for design suggestions.

"I've been talking to Marvel Comics for the last couple of days, and DC Comics, to try to come up with one of the greatest masks of all time," James said with a chuckle Wednesday. "So we'll see what happens."

James spoke after trying

Around the majors

A look at some of Wednesday's top stories from MLB spring training

- **Blue Jays 4, Phillies 3.** Jose Bautista hit a long home run off Roberto Hernandez just three batters into the game in Wednesday's rain-shortened spring training opener for both teams. Bautista's drive landed outside of the ballpark at Bright House Field. Toronto's R.A. Dickey faces the Phillies Cliff Lee in Thursday's rematch.

- **Strasburg on hold.** The Washington ace says he is healthy and ready to go but the Nationals aren't rushing him back into action. Strasburg isn't scheduled to pitch in the Nationals' first two exhibition games but will do a bullpen session on Saturday.

- **Reeling in Trout.** The Angels re-signed outfielder Mike Trout to a one-year, \$1 million US contract on Wednesday. Trout becomes eligible for arbitration after this season and the sides are discussing a deal which would keep him in L.A. through 2020.

- **Bumps and bruises.** Angels outfielder Josh Hamilton will be sidelined two weeks because of a strained calf muscle while pitcher C.J. Wilson does not appear to be hurt after taking a line drive of the head in batting practice on Tuesday.

The nose knows

"You can still feel it, because the nose is still tender. But it definitely lessens the pain."

LeBron James of the Heat explains the comfort level of his new protective mask.

Horoscopes

 Aries

March 21 - April 20

It won't be long before your mind is back in the groove. You will have a lot to say for yourself today but be very careful that you don't give away secrets to people who may be your rivals.

 Taurus

April 21 - May 21

According to the planets, you could make serious money but you need to get serious about your ambitions. Most of all, you need to commit yourself to an objective that may take years to reach. Are you ready?

 Gemini

May 22 - June 21

You will be challenged over the next few days, but you will rise to the challenge and come out unscathed. Remember: rivals are more scared of you than you need be of them.

 Cancer

June 22 - July 23

You will need to close your ears to criticism today. It does not matter how good a job you do, someone, somewhere, will pick holes in your methods or techniques. Ignore them and carry on as before.

 Leo

July 24 - Aug. 23

Be careful what you ask for over the next two or three days because you are likely to get it. Why should that be a problem? Because the responsibilities that go with it could take away a lot of the fun.

 Virgo

Aug. 24 - Sept. 23

You will be more emotional than usual today. But that could actually work in your favour, especially if you have not been too open about your feelings of late. Every now and then it's good to let it all out.

 Libra

Sept. 24 - Oct. 23

Do something unexpected. The planets indicate that no matter how far you push the limits, at home or at work, others will forgive you. But that's only today. Tomorrow they won't be so generous.

 Scorpio

Oct. 24 - Nov. 22

Keep your eye on the ball and keep your mind on what it is you are hoping to accomplish. If you can do that then you will succeed. The approaching new moon will give you added drive and dynamism.

 Sagittarius

Nov. 23 - Dec. 21

You don't have to rely on other people. You have high hopes for the future and will make quicker progress if don't have to worry about dragging others along behind you.

 Capricorn

Dec. 22 - Jan. 20

For the past two or three weeks you have found it hard to get your thoughts together, which means progress has been slow. Now, your mind will click into gear and you will soon be sailing along.

 Aquarius

Jan. 21 - Feb. 19

You don't take risks often but when you do, you go all the way. With that in mind, you are advised to wait until the weekend to follow up on what you are planning. If you start too early you could lose it all.

 Pisces

Feb. 20 - March 20

Be assertive and let partners and colleagues know that you intend to put your needs first. This is your time of year and you have every right and every reason to be a little bit selfish.

SALLY BROMPTON

Today


-9°/-22°
Flurries
60%

Friday


-13°/-18°
Partly cloudy

Crossword: Canada Across and Down

Across

1. Possibilities
4. Frost
8. Ancient water nymph
13. Take __ (Try the drink)
14. Vogue rival
15. __ boots
16. Saintly symbol
17. Marsh plant
18. Solemn bell sound
19. "You are not!" retort: 3 wds.
21. Farewell, in France
23. Step dancers perform to their music: 2 wds.
28. '70s music
29. Classic game
30. Ms. Long
31. Like
32. Exhaust
34. Fort __ (Where the American Civil War started in 1861)
36. Roman Empire invaders
38. Beige
40. Sans stopping...: 2 wds.
41. Singer Bonnie's surnamesakes
43. Drivers' org.
45. Actor Mr.
46. Admiral's org. in The States
47. Juice: French
49. 1985 Power Station hit: "Some Like ___"

Down

51. "The best man in Ottawa...": Lumberjack in the Stompin' Tom Connors song: 3 wds.
55. Flower sort
56. More sore
58. 1998 Edwin McCain song: 2 wds.
61. In __ of flowers
63. Alfonso XIII's queen's namesakes

51. "The best man in Ottawa...": Lumberjack in the Stompin' Tom Connors song: 3 wds.
55. Flower sort
56. More sore
58. 1998 Edwin McCain song: 2 wds.
61. In __ of flowers
63. Alfonso XIII's queen's namesakes

64. Sitting spot
65. High
66. Prefix with 'dynamic'
67. "All in the Family" role
68. Opportunity
69. Juiceless

Down

1. Oscar-winning songwriter Mr.

Hayes

2. Oscars category: 2 wds.

3. It will shine on Ellen DeGeneres as this year's Oscars host

4. Brave acts

5. Corrida call

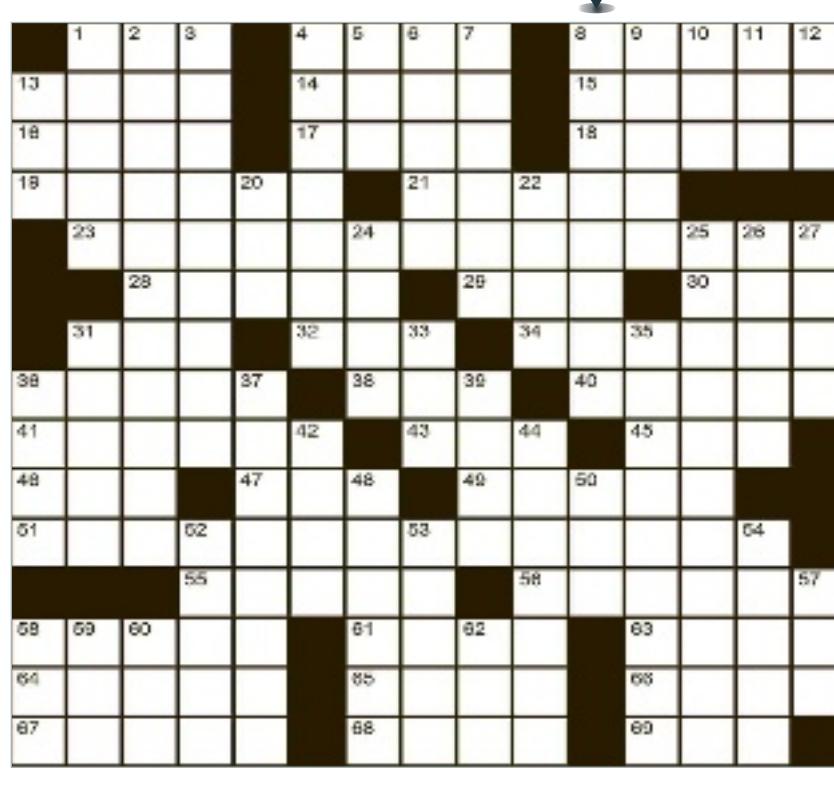
6. Shake like __

7. Social news website

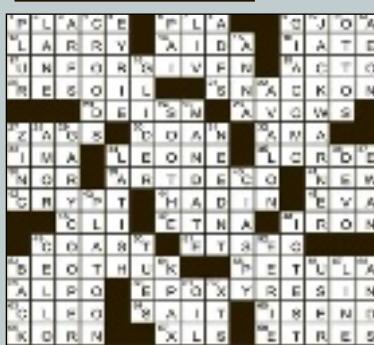
See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

22. Some apples
24. Outdoors garment
25. "The __": Piano tune in "The Sting" (1973)
26. 'Nothings' in Nice
27. Chalcedony variety
31. __ __ __ say, not..."
33. BC's ocean
35. "Ace of Spades" British metal band
36. Food
37. Gospels guy, __
39. Newbie
42. Tallow source
44. In the wrong: 2 wds.
48. Silver fishies
50. " __ Ramsey" ('70s TV Western)
52. Frilly neckwear piece like Austin Powers wears
53. "Easy Livin'" by __ Heep
54. Beat
57. Record label The Bee Gees were on
58. 'Expert' suffix
59. 19 TV __.
60. (Production co. for "American Idol")
61. Law: French
62. "Turn to Stone" gr.



Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	2	9	1	3	6	6	8	4
1	3	5	8	4	6	2	9	7
4	8	6	2	8	7	3	5	1
8	4	7	3	5	2	1	6	9
3	5	1	9	6	8	7	4	2
6	8	2	4	7	1	8	3	5
9	1	3	7	8	4	5	2	6
2	8	8	5	1	9	4	7	3
6	7	4	6	2	3	9	1	8

7	2	9	1	3	6	6	8	4
2	3	5	8	4	6	2	9	7
9	8	1	2	6	5			8
8	1	2	6	5				
9	8	5	7	2				
7								2
3	6				1			5
1	4			2	6			

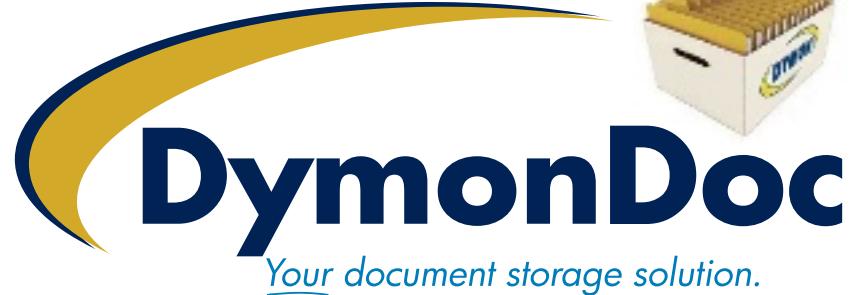
visit **metronews.ca**

metro

Ideal for Small and Midsize Businesses and Organizations



INTRODUCING



Self-Managed, Document Storage Made Easy!

- reduce costs by 65% (and no pickup/delivery fees)
- effectively secure confidential data
- reduce time wasted looking for files
- reclaim valuable office space

Only from Dymon:

- **FREE** truck, movers and training at move in
- no risk, no penalty, monthly rental
- private units with heavy duty shelving and lights
- advanced security with 24/7 access
- humidity and climate control to protect files
- safety deposit box included
- optional inventorying and shredding services
- convenient on-site business centre:
*scanning / printing / copying / email / fax / USB / mailboxes
boardroom / remote office / WiFi / private audit room*

Getting Started is Easy!

www.DymonDoc.com

613-863-5481